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The Portuguese version of the RhinoQOL Questionnaire: validation and clinical application ☆☆☆



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KEYWORDS

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Abstract

Introduction: Rhinosinusitis constitutes an important health problem, with significant interference in personal, professional, and social functioning. This study presents the validation process of the Portuguese version of the RhinoQOL, to be used as a routine procedure in the assessment of patients with chronic rhinosinusitis.

Objective: To demonstrate that the Portuguese version of the RhinoQOL is as valid as the English version to measure symptoms and health-related quality of life in chronic rhinosinusitis.

Methods: The Portuguese version of the RhinoQOL was administered consecutively to 58 patients with chronic rhinosinusitis with and without nasal polyps, assessed for endoscopic sinus surgery. A follow-up survey was completed three months after surgery. Statistical analysis was performed to determine its psychometric properties.

Results: Face and content validity were confirmed by similar internal consistency as the original questionnaire for each sub-scale, and strong correlation between individual items and total score. The questionnaire was easy and quick to administer (5.5 min). At three months, there was a significant decrease from baseline for all sub-scale scores, indicating clinical improvement, with an effect size considered as large.

Conclusion: This study provides a questionnaire that is equivalent to the original English version, with good responsiveness to change, which can be especially valuable to measure the outcome of surgery.

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PALAVRAS-CHAVE

Qualidade de vida;
Questionários;
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por orifício natural

Versão portuguesa do Questionário RhinoQOL: validação e aplicação clínica**Resumo**

Introdução: A rinossinusite constitui um importante problema de saúde, com interferência significativa na vida pessoal, e sócio-profissional dos pacientes. Este estudo apresenta o processo de validação da versão do RhinoQOL na língua portuguesa para ser usado em pacientes portadores de rinossinusite crônica.

Objetivo: Demonstrar que a versão do RhinoQOL na língua portuguesa é tão válida quanto a versão inglesa na medição dos sintomas e qualidade de vida dos pacientes com rinossinusite crônica.

Método: A versão em português do RhinoQOL foi aplicada consecutivamente a 58 pacientes com rinossinusite crônica, com e sem pólipos nasais, previamente à cirurgia endoscópica nasal, tendo sido reavaliados aos 3 meses de pós-operatório. Análise estatística foi realizada para determinar as suas propriedades psicométricas.

Resultado: A validade de conteúdo foi confirmada por uma consistência interna similar à do questionário original, para cada sub-escala, e por uma forte correlação entre cada item e o score total. A aplicação do questionário foi fácil e rápida (5,5 min). Aos 3 meses, verificou-se uma redução significativa dos scores de todas as sub-escalas, indicando melhoria clínica, com um tamanho de efeito considerado grande.

Conclusão: Este estudo fornece um questionário que é equivalente à versão original, com boa sensibilidade à mudança, o que pode ser especialmente útil na medição do impacto da cirurgia. © 2015 Associação Brasileira de Otorrinolaringologia e Cirurgia Cérvico-Facial. Publicado por Elsevier Editora Ltda. Todos os direitos reservados.

Introduction

Rhinosinusitis, acute or chronic, with or without nasal polyps, constitutes an important health problem with significant impact on quality of life, interfering in personal, professional, and social functioning.¹

Disease-specific instruments that measure symptoms and health-related quality of life (HRQL) have been developed to assess the impact of rhinosinusitis in individual patients, and to monitor the response to treatment. There are several questionnaires (Table 1) that subjectively access rhinosinusitis impact and associated incapacity.

One of the major problems precluding the administration of these instruments in daily clinical practice is the lack of available time. The need for a brief and easy-to-use rhinosinusitis-specific questionnaire with strong psychometric characteristics resulted in the development of the RhinoQOL Survey Instrument⁸ (Fig. 1), that has been validated in acute⁸ and chronic⁹ rhinosinusitis patients treated both medically and surgically.

This assessment instrument, which has been already validated in French,¹⁰ consists of 17 items, divided in three domains addressing symptom frequency (five items), symptom bothersomeness (with answers ranging from 0, meaning "not bothered at all," to 10, meaning "bothered a lot," for each of its three items), and symptom impact (nine items). For the symptom frequency and impact questions, the patient has five possible responses: "never," "a few times," "some of the time," "most of the time," and "always."

In a recent systematic review of the available HRQL questionnaires for Rhinosinusitis, the RhinoQOL was one of only

RhinoQOL – english version ⁹
<i>Symptom frequency scale items^a</i>
1. Sinus headaches, facial pain, or facial pressure
2. Blocked or stuffy nose
3. Postnasal drip
4. Thick nasal discharge
5. Runny nose
<i>Symptom bothersomeness scale items^b</i>
1. Sinus headaches, facial pain, or facial pressure
2. Blocked or stuffy nose
3. Postnasal drip
<i>Symptom impact scale items^c</i>
1. Tired or fatigued
2. Trouble sleeping
3. Harder to concentrate
4. Harder to do the things you normally do
5. Embarrassed
6. Frustrated
7. Irritable
8. Sad or depressed
9. Think about

^aPatients were asked, "in the last seven days, how much of the time did you have" the listed symptom. responses included, "never," "a few times," "some of the time," "most of the time," and "always."

^bPatients were asked, "using a scale of 0 to 10, where 0 is not bothered at all and 10 is bother a lot, how much were you bothered by" the listed symptom. responses ranged from 0 "not bothered at all" to 10 "bothered a lot."

^cPatients were asked, "in the last seven days, how much of the time did you" have the listed problem, "because of your nasal symptoms." responses included, "never," "a few times," "some of the time," "most of the time," and "always."

Figure 1 RhinoQOL – English version.

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