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Physiotherapy and research: Instruments validation

In the last years physiotherapy has increased its significance. It is important to show the health community our treatments, our techniques, the objectives we can reach. And how we can do it? The easiest and the best way is to publish. When we want to publish something we need an idea and we must have the tools or instruments to get it. Many times we employ a scale, a questionnaire without asking us if it is the best or the proper one. Most authors say that the results we get are not useful because of the lack of validated instruments. When an instrument is validated in various languages, researchers from different countries can compare results. An example of this procedure is the adaptation and validation of the memorial symptom assessment scale (MSAS). The MSAS is a multidimensional tool developed to evaluate frequency, severity and distress of common symptoms present in cancer patients. The objective of this project is to show how to adapt and validate the Spanish version of the MSAS. MSAS scale was translated into Spanish and administered to 246 cancer patients aged between 18 and 85. They attended the day hospital to receive chemotherapy. European Organization for Research and Treatment of Cancer Quality of Life Questionnaire Core-30 (EORTC QLQ-C30) and Rotterdam Symptom Checklist (RSCL) were used to test criterion validity. The results obtained were that total MSAS, physical symptom subscale (PHYS), psychological symptom subscale (PSYCH) and global distress index (GDI) reported high internal consistency: 0.891; 0.801; 0.825; 0.813 respectively. Exploratory factor analysis identified two factors structure and confirmatory factor analysis showed good adjustment rates. The emotional functioning sub scale of EORTC QLQ - C30 highly correlated with PSYCH ($r=-0.868$; $p<0.001$) and GDI ($r=-0.810$; $p<0.001$) while social functioning subscale correlated with PSYCH ($r=-0.704$; $p<0.001$) and GDI ($r=-0.624$; $p<0.001$). The physical symptoms subscale of RSCL correlated with PHYS ($r=0.876$; $p<0.001$) and the psychological symptoms subscale with PSYCH ($r=0.872$; $p<0.001$). The conclusion of this study was that the Spanish version of MSAS was determined to be a valid and reliable scale in cancer patients. The conclusion is that after this development we can employ the validated instrument, compare with other countries and the results will be valid. It is a hard way but it is the correct way in order to obtain objectives, treatments or to publish articles in high impact factor journals as other members of the health community.

Recent Publications:

1. Llamas Ramos I, Llamas Ramos R, Martín Noguerras A M, Alvarado Omenat J J, Calvo Arenillas J I, Fonseca Sánchez E and Cortés Rodríguez M (2016) Reliability and Validity of the Spanish Version of the Memorial Symptom Assessment Scale in Oncology Patients. *Journal of Pain and Symptom Management* 52(6):864-91.
2. Llamas-Ramos R, Pecos-Martín D, Gallego-Izquierdo T, Llamas-Ramos I, Plaza-Manzano G, Ortega-Santiago R, Fernández-de-las-Peñas C and Cleland J (2015) Misreport of trigger point diagnosis reliability response. *Journal of Orthopaedic and Sports Physical Therapy* 45(2):144-146.
3. Llamas-Ramos R, Pecos-Martín D, Gallego-Izquierdo T, Llamas-Ramos I, Plaza-Manzano G, Ortega-Santiago R, Cleland J and Fernández-de-Las-Peñas C (2014) Comparison of the short-term outcomes between trigger point dry needling and trigger point manual therapy for the management of chronic mechanical neck pain: a randomized clinical trial. *Journal of Orthopaedic & Sports Physical Therapy* 44(11):852-61.

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Biography

Inés Llamas-Ramos is a graduate in Physiotherapy from Nursing and Physiotherapy School at University of Salamanca in 2010 and did her Master's degree in Manual Physiotherapy of locomotor system from University of Alcalá in 2012. She completed her PhD from University of Salamanca, Spain. She worked as Professor at the University of Salamanca in the Department of Nursing and Physiotherapy and also as a Physiotherapist at Medical Center Malgrat in Benavente during 2012–2017. Currently she is working as a Physiotherapist at Asprodes Feaps Salamanca and Hygea Physiotherapy. She has also published articles about cancer and dry needling in reputed journals.

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