THE CULTURAL ADAPTATION AND VALIDATION OF THE BURN SPECIFIC PAIN AND ANXIETY SCORE (BSPAS) INTO ITALIAN (P122)

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Introduction: The Burn Specific Pain and Anxiety Score (BSPAS)[1] is recommended by international guidelines for measuring pain and anxiety related to dressing changes in burn patients. It was originally developed in the Netherlands and then translated and validated in other languages, but not into Italian.

The aim of this study is to culturally adapt and validate the Abbreviated BSPAS into Italian in order to make it available for Italian burn centres.

Methods: We adapted and validated the BSPAS following the procedure defined by Beaton and Guillemin[2]. There were two essential phases:

- Phase 1: Cross-cultural adaptation of the BSPAS
- Phase 2: Validation of the Italian version of the BSPAS

An expert committee, including health professionals specialized in burn care, translators and experts in methodology, followed the whole procedure and analysed the documents reporting the different steps. The final Italian version (figure 1) was judged to reflect the same content of the original BSPAS.

At the validation phase, we conducted a pilot study in the Turin Burn Centre in order to test the psychometric properties (face and content validity, internal consistency and reliability) of the Italian version of the BSPAS.

We recruited patients with burn injuries or similar wounds undergoing dressing changes in the Turin Burn Centre from May 2013 to July 2013. Patients were considered eligible if adult, proficient in the Italian language, without persistent cognitive dysfunction and mentally alert before the dressing change. All patients meeting the inclusion criteria had to give their informed consent.

Results: During the study period, 33 patients were admitted to the Turin Burn Center. 24 patients were considered eligible for the study. The Italian version of the BSPAS was used for each eligible patient for all dressing changes (78 in total). The items were scored on a 100 mm visual analog line with two reference points at each end (0 = not at all and 100 = the worst imaginable way). The patients were requested to scale the strength of their feelings about each item. Additionally VAS for pain was used to record background, procedural and post-procedural pain.

Measurements:

4. The mean total score of BSPAS was 55.59 (S.D. 27.88; median 55).
5. The mean score of the VAS for background pain was 2.54 (S.D. 2.34; median 2)
6. The mean score of the VAS for procedural pain was 3.45 (S.D. 2.95; median 3)
7. The mean score of the VAS for post-procedural pain was 3.13 (S.D. 2.89; median 2)
Analysis:

- Face and content validity were confirmed by the expert committee.
- Internal consistency and reliability were confirmed by a Cronbach’s alpha of 0.99. Item-total correlation was measured too and values more than 0.50 were considered acceptable (table 1).

Conclusion: The Italian BSPAS is a valid instrument for use on the Italian-speaking population and may be useful for clinical practice and for research purposes. Cultural adaptation and validation of existing tools is important for international collaboration and for research projects, since it allows comparison of outcomes and interventions in practice and research.


Figure 1

Figure 1: Final Italian version of BSPAS

1) Mi è impossibile rilassarmi durante la balneazione.
2) Sento che i miei muscoli si irrigidiscono quando inizia la balneazione.
3) Ho paura del dolore che sentirò durante e dopo la balneazione.
4) Il dolore mi rende nervoso ed agitato.
5) Ho paura che ogni futuro atto medico mi provocherà dolore.

Figure 2

<table>
<thead>
<tr>
<th>Item</th>
<th>Mean</th>
<th>SD</th>
<th>Item-total correlation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Mi è impossibile rilassarmi durante la balneazione</td>
<td>55.13</td>
<td>36.17</td>
<td>0.85</td>
</tr>
<tr>
<td>2) Sento che i miei muscoli si irrigidiscono quando inizia la balneazione</td>
<td>56.41</td>
<td>38.58</td>
<td>0.80</td>
</tr>
<tr>
<td>3) Ho paura del dolore che sentirò durante e dopo la balneazione</td>
<td>60.38</td>
<td>34.24</td>
<td>0.82</td>
</tr>
<tr>
<td>4) Il dolore mi rende nervoso ed agitato</td>
<td>53.59</td>
<td>33.73</td>
<td>0.86</td>
</tr>
<tr>
<td>5) Ho paura che ogni futuro atto medico mi provocherà dolore</td>
<td>54.35</td>
<td>34.44</td>
<td>0.90</td>
</tr>
</tbody>
</table>

α Cronbach
0.99