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Validation of the scale “sleep apnea for quality of life index for assessing quality of life of sleep apnea hypopnea syndrome in Colombia

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Introduction: The objective of this study is to realize the first phase of validation of idiomatic and cultural adaptation of the Colombian version Sleep Apnea Quality of Life Index (SAQLI) questioner of quality of life related to health, designed specifically for sleep apnea/hypoapnea syndrome (SAHS).

Materials and Methods: A protocol research was conducted in two phases of the investigation. The first is corresponding to this article in which a pilot test was performed in 30 patients with clinical suspicion or diagnosis of SAHS in two Colombian hospitals; the questionnaire was administrated to all the patients using the Spain version. An evaluation of the scale form was also provided and subjected to evaluation by an interdisciplinary committee of experts who carry out changes accordingly; finally the Colombian version was generated and subjected to a final survey.

Results: The research was conducted on 43 patients, 24 for the pilot test, 13 during the final survey, and 6 patients participated in both stages. During the pilot test multiple comprehension difficulties were identified, also including several differences and omissions in translation. The committee of experts and researchers determined which linguistic changes were appropriate for adaptation, maintaining equivalence to the original English version. During the final surveys no consistent difficulties were found. A total of 32 items were modified and adapted culturally.

Conclusions: The adaptation resulted in an easily understandable questionnaire within the Colombian cultural environment. The Colombian version of the SAQLI scale was generated and this study supports the steps of the validation of this questionnaire which will assess the appropriated reliability and validity for use in studies of quality of life in patients with conditions like depression and cognitive dysfunction. In conclusion, it is necessary to have appropriate tools to evaluate the quality of life for these kinds of patients.

Biography

Gina Lizeth aim of the present study was to perform the first phase of validation of idiomatic and cultural adaptation of the Colombian version of the Sleep Apnea Quality of Life Index (SAQLI), a health related quality of life questionnaire specifically designed for apnea-hypopnea syndrome of the dream.

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