

# Entwicklung, Pilotierung und Validierung eines Fragebogens zu Schluckbeschwerden und Medikamentencompliance

## **Masterarbeit**

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## **Betreuung**

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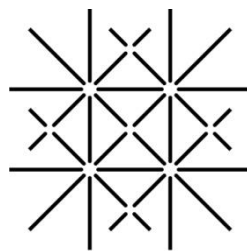
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## Abstract

### Background

A lot of patients of all ages have swallowing disorder problems. The disorders affect the quality of living of these patients, can lead to hazardous coping strategies and reduce their compliance. Although general practitioners and pharmacists rarely ask for possible existing swallowing disorders and their suffering often goes undetected [Schiele 2013].

### Objective

The development, piloting and validation of a selfreport questionnaire about swallowing disorders by oral drug intakes, to report by the patient himself and be assessed and used as basis of counseling by a health professional.

### Methods

The **open and structured literature research** served to gain an overview of the current state of research about this topic and to prove, whether there already exist a selfreport questionnaire about swallowing problems by oral drug intake. Following, the questionnaire was **developed and optimized with the support of a panel of experts**. They rated the questionnaire by seven criteria and submitted correction propositions and complements. The optimized questionnaire was **piloted and validated based on the methods of Fitzpatrick [1998]** with a Retest by patients who are suffering from systemic scleroderma.

### Results

Through the systemic literature research was found no selfreport questionnaire, therefore one, comprising 35 questions, was developed, optimized and piloted. The rate of return in the main study constitute 66% (n=64). 26% (n=42) of the patient stated, that they have current and 19% have had swallowing problems by drug intake in the past. The problem leads to a strong or unbearable maximal intensity for 23% of the patients with swallowing problems by drug intake (n=22). The most mentioned complaints were localized in the area of the larynx and the esophagus (43% and 34%, n=35). Modification of the dosage form was practiced by 12% (n=42) of the patients. The swallowing problem by trend affects the medication compliance ( $p=0.089$ ). The Retest shows a good consent between the statements of a patient at two different points in time.

### Discussion

Swallowing problems by drug intake are a known problem for a lot of patients. Because they not only influence the wellbeing of the patient but also influence the selection of a coping strategy and the compliance, general practitioners and pharmacists should be sensitized to this problem. The developed questionnaire can help the general practitioners and pharmacists to an early discovery and can be used as a basis for specific, extensive and individual counseling of swallowing problems. With the aid of this questionnaire, possibly health consequences for the patient and financial efforts could be avoided and the confidence base between patient and healthy professional can be strengthened.