

Chat - 15 Nov 2023

Have you had education translated for different ethnic and culture groups?

Replying to "Have you had educati..."

I know that information leaflets from Asthma+Lung UK have started to be translated into different languages. We have not had our education translated but this brings up a really good point for inclusivity.

Replying to "Have you had educa..."

We have had our education translated for the most common languages our patients speak

Dr Llinos Jones has done lots of work with multilingual information and health literacy in asthma and inhalers

<https://www.respiratoryfutures.org.uk/features/improving-health-equity-by-embracing-diversity/>

another link for Llinos's work with QR codes <https://www.hud.ac.uk/news/2023/april/straight-talking-project-health-literacy/>

European lung foundation for fact sheets in different languages Factsheets - European Lung Foundation

Websites to access Questionnaires in different Languages

CAT Patient Welcome Page ([catestonline.org](http://catestonline.org))

Click on "I am a member of the public"™, choose continent, choose language

PHQ9 Screening for Common Mental Disorders - MMHRC ([multiculturalmentalhealth.ca](http://multiculturalmentalhealth.ca))

GAD7 General anxiety disorder 7-item | Health Navigator NZ

LINQ LINQ Site Download

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Q from yesterday regarding the D12 Questionnaire - might be a useful paper.

<https://pubmed.ncbi.nlm.nih.gov/32512047/>

<https://researchinvolvement.biomedcentral.com/articles/10.1186/s40900-023-00423-8> Cartoon workshop paper

Just to ans some of the questions in the vevox app here - 3 balance exercises to include: should be tailored to the patient depending on the balance sub-systems identified as being most impaired but 1. dual task (walking with an additional cognitive activity), 2. reactive control/perturbations (changing speed, direction, balance recovery) and 3. transitioning to getting up off the floor.

Fratt, Rockwood and Tinetti - all good validated measures in older adults and can be applied in PR but.... applied less in a chronic lung disease population so less disease-specific psychometric properties available. Consensus group in PR agreed on BBS and mini BEST as the 2 comprehensive balance measures to use. That said important to fit with your other local services.

How many balance outcomes to use for each patient - ask about falls history, only if falls risk is identified administer a simple screening test (TUG or SLS), if balance impairment detected administer a comprehensive assessment (mini-BEST, BBS), also may want to assess balance confidence or fear of falling (ABC, FES) - not everyone will require a comprehensive balance assessment.

Paper on balance assessment <https://pubmed.ncbi.nlm.nih.gov/30789019/>

Its called the Surrey Information On Function Tool. This outcome measure was close to being validated. It was created by someone from Chertsey called Jess, unsure of her last name (apologies) some years ago now.

There is a public facing part with advice and a separate part where HCP need to register patients to the programme. I will warn you though, the hcp part is due to close in March(ish)

There is the public facing website Your Covid recovery; but the interactive rehabilitation programme requires services to be signed up to be able to give patients a registration code to access the programme.

SIFT is used to measure daily activities and/or goals important to the individual that are made difficult by symptoms. Used pre and post PR course

<https://arns.co.uk/inhaler-technique-poster/>

Someone mentioned ICU steps - there is also something called "critical care support network" [www.cc-sn.org](http://www.cc-sn.org) that run online pilates for post ICU and other things. There is also an "irehab" study currently going on - not sure if they are still accepting sites to recruit from?