Validation and psychometrics of the Therapeutic Self-care Instrument for the Portuguese population

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• **Patient outcomes measurement is an important source of evidence about the effectiveness of nursing care (Doran, 2006).**

• **Self-care is one of the most sensitive outcomes to nursing care and is the fundamental principle underlying nurse’s interventions (Doran, 2006).**

• **There is a gap in evaluation instruments in Portugal.**

  Requires a proper validation methodology
Patients’ ability to take medications as prescribed, recognize and manage symptoms, perform and adjust regular activities, and manage changes in condition

12 items; six-point numeric rating scale

High subscale scores indicated high levels of self-care ability

TSC reliability and validity: $\alpha$-Chronbach: 0.87 (Doran, Sidani, Keatings, & Doidge, 2002)
Cross sectional

- Medicine & Surgery wards - 4 hospitals

Acidental sample

- Be able to speak portuguese/do not have mental disability

Procedures

- TSCS was apply by nurses in the discharge, in interview format
Authorization for the use of the instrument → Panel of experts - similar concept in Portugal → Translation by two bilingual translators → Back translation of the consensus form → Panel of experts to build a consensus translation → Analyses of the back translation by the previous translators.

N = 990
Mean of ages: 63.57 years
Std. deviation: 17.41

KMO = 0.948
Bartlett's Test of Sphericity: p<0.001

Factorial analysis with eigenvalues > 1
Scree plot: 1 factor which explains 81.318 of the variance

α-Cronbach: 0.979
Mean of inter items correlation: 0.796
Correlation between each item and total score range from 0.861-0.937
Conclusions

Therapeutic Self Care Scale is a valid instrument to use in Portuguese population with a strong reliability ($\alpha$-Cronbach: 0.979)
References


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