Podiatry Health Questionnaire – Chinese version: the measure for foot health in Hong Kong

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Keywords:  
Podiatry  
Outcome measure  
Foot health  
Podiatry Health Questionnaire

Introduction  
Clinicians are accountable to prove their services that are cost-effective with high quality. However, there is lack of a locally validated, service monitoring tool to evaluated patients' perception of foot health in Hong Kong. Podiatry Health Questionnaire (PHQ) is commonly used in western countries to evaluate the foot health and adopted as an outcome measure of Podiatry. The conceptual basis of PHQ is the holistic view of foot health. The self-administered PHQ consists of six questions about various foot health issues (walking, hygiene, nail care, foot pain, worry / concern, quality of life) with three levels of severity and a vertical visual analogue scale. PHQ is considered as a descriptive profile of the patients responses across the six foot health dimensions, while the VAS acts as a score on self-perceived foot health. Despite the comprehensiveness of PHQ, clinicians in Hong Kong seldomly adopt this tool in their clinical practice. This may be due to the unavailability of the translated and validated Chinese version of PHQ.

Objectives  
To translate and validate the Podiatry Health Questionnaire – Chinese version.

Methodology  
Podiatry Health Questionnaire was undergone full linguistic validation process. 213 people with diabetes attending podiatry service completed the PHQ-Chinese version by convenience sampling. Clinical and demographic data were retrieved from their clinical notes.
Eight experts rated the relevance and clarity of the translated items in PHQ with the content validity index 0.81 and 0.83 respectively. Most of the participants took less than five minutes to complete PHQ-Chinese version. They reported this questionnaire was quick and easy to complete. There is significant difference in all items among patients with different diabetic foot risk categories (5.58 ≤ F ≤ 15.30, p<0.01). Test-retest reliability was conducted in 23 participants in two weeks time with Spearman rho coefficient 0.55-0.95 (p<0.0001). PHQ-Chinese version may consider as a useful measure to assess individual’s foot health in Hong Kong and assist resources allocation. This can also be used as a tool to monitor the podiatry service delivery, treatment evaluation and clinical guideline development.