ABSTRACT

Objective develop a predictive measure, the Rheumatoid Arthritis Splint Adherence Measure (RA-SAM), that evaluates readiness of individuals with RA to use a newly prescribed working splint. Methods: Items were generated through a literature review and two focus groups, health professionals and individuals with RA; The preliminary version of the RA-SAM was created, and then translated into Canadian-French. It was then pilot tested on 82 individuals. The comparability of the English and French language versions was assessed. The content validity was tested through exploratory factor analysis. Items with questionable measure integrity were identified and tagged for possible rephrasing or removal.

Results: The preliminary version consisting of 38 items was pilot tested. 43 individuals responded to the English language version and 39 to the French language version. The exploratory factor analysis provided evidence of content validity of the RA-SAM. The final version of the RA-SAM consists of 30 items grouping under 4 new domains: preparedness for splint use incorporating 12 items, Nuisance – 7 items Commitment - 7 items, and Social support – 4. Conclusion: The 30-item RA-SAM was finalised for further psychometric testing. This study has resulted in the development of a readiness measure. The results of the various phases provide a foundation for the development of the next phase which is the development of a RA Splint Readiness Knowledge Translation Kit consisting of “helpful guidelines” for clinicians to enhance wrist splint adherence. In future studies it will be important to test the predictive validity and test-retest reliability.