

Journal Club Research Article Critique Form

Reviewer name: _____ Date: _____

Research study (APA reference): Pinheiro, P. C. M., Ferreira, G. D. O., Guerra, F. V. G., Cavalcante, T. F., Guedes, N. G., & Moreira, R. P. (2020). Nursing intervention assessment tool fall prevention in elderly people with systemic arterial hypertension. *Journal of Nursing Education and Practice, 10*(7), 60. <https://doi.org/10.5430/jnep.v10n7p60>

Blog Overview of the Article

Pinheiro et al. (2020) was conducted in the city of Redenção, Ceará, Brazil, and aimed to develop an assessment tool that can be used to prevent falls among the elderly with nursing diagnosis Risk of falls as well as arterial hypertension. The study was a four-stage procedure, whose sample size for three of the stages, included 22 specialist nurses (first stage), 6 specialist nurses (third stage), and 4 nurses from Primary Health Care and 4 elderly people with arterial hypertension and nursing diagnosis Risk of falls (Fourth stage). The four stages included the selection of the intervention activities Fall Prevention of NIC (2016), construction of constitutive definitions and operational for selected activities, expert validation of constructed definitions, and pretesting of the final assessment tool. Out of 60 Nursing Interventions Classification (NIC) activities, 50 were considered adequate for elderly people with arterial hypertension and the nursing diagnosis Risk of falls. The operational and constitutive definitions created will help nurses apply nursing activities and standardize clinical care to reduce or control the risk factors for falls.

Please complete the following:

1. Description of the study
<ul style="list-style-type: none">The purpose of the research is: The purpose or aim of the research was “to develop an assessment tool for nursing intervention fall prevention to elderly with arterial hypertension and with nursing diagnosis Risk of falls” (p. 60).
<ul style="list-style-type: none">Explain why this problem is significant to nursing practice: Falling is an unintentional displacement of the body to a level below the starting position. It constitutes a nursing diagnosis, defined as: “Increased susceptibility to falls that can cause physical harm and compromise health” (p. 60). One of the leading causes of falling is aging. With aging, the number of falls that impacts on morbidity and mortality increases, with an increase in the demand for health services and nursing care needs. Falls decrease the quality of life, particularly in elderly individuals with non-communicable chronic diseases, such as systemic arterial hypertension.
2. Evaluation of literature
<ul style="list-style-type: none">Describe the previous research pertaining to the topic that the authors reference (hint: look for a literature review section in the article) Previous research suggests that there is a connection between the susceptibility of falls and arterial hypertension. One of them pointed out that this type of vascular disease can interfere in the maintenance of the static posture of elderly people, increasing their risk of falling. That being the case, it suggested the need to identify elderly people at risk of falls and to implement effective interventions to prevent them. It recommended the use of the Nursing Interventions Classification (NIC) assessment tool. However, the tool is directed to different audiences and contexts such as children, elderly people, and hospitalized patients. Therefore, “it is necessary to adapt it to groups and specific clinical conditions, such as elderly people with systemic arterial hypertension” (61).
3. Study sample
<ul style="list-style-type: none">The study sample was obtained from: (hint: describe the population and where the study is performed)

<p>The study was performed between July and December 2018, in the city of Redenção, Ceará, Brazil. The population included specialist nurses and elderly people.</p>
<ul style="list-style-type: none"> • What is the sample size? The sample size was 22 specialist nurses (first stage), 6 specialist nurses (third stage), and 4 nurses from Primary Health Care and 4 elderly people with arterial hypertension and nursing diagnosis Risk of falls (Fourth stage).
<ul style="list-style-type: none"> • List the inclusion criteria used in the study. For specialist nurses: a nurse with at least a master's degree in courses included in the major health area of CAPES (Coordination for higher Education Staff Development) and obtaining a minimum score of five points in the adapted criteria of Fehring scoring system. For elderly people: Individuals with arterial hypertension and nursing diagnosis Risk of falls.
<ul style="list-style-type: none"> • List the exclusion criteria used in the study. For specialist nurses: nurses not acting in primary health care in the city of Redenção; have at least 1 year of experience in assisting elderly people with arterial hypertension; be familiar with nursing classifications NANDA-I and NIC. For elderly people: individuals that are 60 years and below.
<p>4. Study methods/design</p>
<ul style="list-style-type: none"> • Describe or identify the study design (hint: quantitative/qualitative, experimental, meta-analysis, etc) The study is a methodological study, conducted in four stages, namely selection of the intervention activities Fall Prevention of NIC (2016), construction of constitutive definitions and operational for selected activities, expert validation of constructed definitions, and pretesting of the final assessment tool.
<ul style="list-style-type: none"> • Describe the study procedures. (hint: describe the intervention and how the data was collected) The intervention is NIC's intervention Fall Prevention. The intervention Fall Prevention includes sixty-five activities. The Fall Prevention intervention is defined as the "institution of special precautions for patients at risk of injury due to falls" (61). The data were collected in four stages, as highlighted earlier. The first stage was performed with 22 specialist nurses who selected the activities of Intervention Fall Prevention of NIC (2016), more appropriate to elderly people with systemic arterial hypertension. The second stage involved creating constitutive definitions and operational of the activities selected in the previous stage. In stage three, the experts evaluated both the activities as their constitutive definitions and operational. Finally, stage four consisted of the realization of a pretest of the assessment tool.
<p>5. Results</p>
<ul style="list-style-type: none"> • Describe the results of the study. Between 60 NIC activities, 50 were considered adequate to elderly people with arterial hypertension and with nursing diagnosis Risk of falls. The focus group experts pointed out that the assessment tool's extension could make its use in clinical practice infeasible. Experts agreed that it was the nurse's attribution to provide guidance, directed not only to elderly people but also to their caregivers and family members.
<p>6. Clinical significance</p>
<ul style="list-style-type: none"> • Explain how you will use this information for your nursing practice at your place of work or community. The NIC's Fall Prevention contributes to my unit's attempts to standardize Nursing Interventions Classification to prevent falls in the elderly with clinical conditions and specific cultural contexts. The constitutive and operational definitions will not only help nurses to apply nursing activities but also standardize clinical care to reduce or control the risk factors for falls in elderly people with arterial hypertension and with the Nursing Diagnosis Risk of falls.

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