



University of
South Australia

International Centre for
Allied Health Evidence

iCAHE

iCAHE JC Critical Appraisal Summary

Journal Club Details

Journal Club location	FMC
JC Facilitator	Brianna Davey
JC Discipline	Speech Pathology

Background

Article selected by journal club

Article/Paper

Ullrich, S & Crichton, J 2015, 'Older people with dysphagia: transitioning to texture-modified food', *British Journal of Nursing*, Vol. 24, No. 13, p. 686.

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Article Methodology:	Qualitative
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Ques No.	Yes	Can't Tell	No	Comments
1	✓			<p>Was there a clear statement of the aims of the research?</p> <p>The aim of this study was to describe residents' experiences as they transitioned from normal food to texture-modified food.</p>
2	✓			<p>Is a qualitative methodology appropriate?</p> <p>A qualitative study seeks to illuminate, understand or explore any phenomenon about which little is yet known. Taking the study aim into consideration it is appropriate to address these issues using a qualitative methodology as they are seeking to describe residents' <u>experiences</u>.</p> <p>Is it worth continuing? YES</p>
3	✓			<p>Was the research design appropriate to address the aims of the research?</p> <p>The study used a qualitative descriptive design to present a comprehensive report on the experiences of older people with dysphagia as they transitioned from normal food to texture-modified food, and the associated beliefs and opinions of their carers.</p> <p>Notes on qualitative descriptive:</p> <p><i>Qualitative descriptive is a distinct method of naturalistic inquiry that uses low inference interpretation to present facts using everyday language. This type of qualitative study provides a straight description (closer to the data as given) of the participants' views and perspectives.</i></p>
4	✓			<p>Was the recruitment strategy appropriate to the aims of the research?</p> <p>Recruitment occurred through the use of flyers, information sheets and the knowledge of residential staff of which residents were in the process of transitioning, or had transitioned from normal food to texture-modified food. The participants were selected from a target group whose experiences of dysphagia were of relevance to the research study and were screened according to the inclusion and exclusion criteria presented on page 688.</p>

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				Were the data collected in a way that addressed the research issue?
5	✓			<p>One-on-one interviews were the method of data collection used in this study. A total of 28 participants (residents, family members, nurses, care workers, speech and language therapists and lifestyle staff) were involved in the individual interviews.</p> <p>Individual interviews were held with residents because of their knowledge and experience of transitioning from normal food to texture modified food.</p> <p>Individual interviews were also held with carers because of their relationships with residents with dysphagia.</p> <p>The interviews involved structured, open-ended questions in order to collect rich and detailed information and to achieve saturation of data.</p> <p>The aim was to ensure that the interview did not prescribe responses but recognised the co-constructed nature of interviewing by inviting participants as far as possible to answer in their own terms</p> <p>Repeated interviews were warranted to discuss whether the themes identified were relevant, clear, unambiguous, and written in terms that were understood and whether all themes had been covered.</p> <p>The interview sessions were digitally recorded.</p>
6		✓		<p>Has the relationship between researcher and participants been adequately considered?</p> <p>The relationship between the researchers and the participants is unclear.</p> <p><i>Were the interviewers (or authors) previously known to participants?</i></p> <p><i>Did participants have a dependent relationship to them such as their health workers?</i></p> <p><i>These types of factors may influence the information participants are willing to share and therefore the quality of the data collected.</i></p>
7	✓			<p>Have ethical issues been taken into consideration?</p> <p>The study was conducted across three of Eldercare's care sites and was approved by the University of South Australia's Human Research Ethics Committee in 2014. All participants were asked to provide written consent to take part in the study.</p>

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8	✓		Was the data analysis sufficiently rigorous? <p>Analysis of individual interview data was qualitative, using the interpretative inductive approach of the Analytic Hierarchy. Using this hierarchy included a set of 'instructions' which were followed (p.689).</p> <p>Other methods that the authors used to ensure rigour include: using an interview guide, achieving data saturation, using follow-up interviews to clear up any ambiguity, recording interviews and using data management software for analysis (Nvivo).</p>
9	✓		Is there a clear statement of findings? <u>Key findings:</u> <ul style="list-style-type: none"> • The transition experience (from normal to texture-modified food) for residents with dysphagia may cause them distress and may mean they eat as a matter of necessity and hunger • The use of punitive language promotes a culture of care that emphasizes the limitations of residents, reduces their motivation to eat and hinders the delivery of person-centred care • A successful transition can only occur if there is understanding of the change that is taking place, not only in nutritional and clinical terms but in the resident's life and relationships with others • Managers of residential care homes for older people are urged to review their dysphagia protocols and reestablish a connection between food and quality of life for older people with dysphagia
10			How valuable is the research?
11			What do the study findings mean to practice (i.e. clinical practice, systems or processes)?
12			What are your next steps? (e.g. evaluate clinical practice against evidence-based recommendations; organise the next four journal club meetings around this topic to build the evidence base; organize training for staff, etc.)
13			What is required to implement these next steps?