Qualitative Research Critique

**Background of Study**

Ley, S. H., Hamdy, O., Mohan, V., &amp; Hu, F. B. (2014). Prevention and management of type

2 diabetes: dietary components and nutritional strategies. The Lancet, 383(9933), 1999–2007. <https://doi.org/10.1016/s0140-6736(14)60613-9>

The problem in this article is the prevalence of diabetes. The article is missing a purpose statement and the objectives. However, it has a research question: to assess dietary components and nutritional approaches that can help prevent and manage type 2 diabetes. The article summarizes the foods that, when consumed, are effective in preventing and managing type 2 diabetes, and it suggests the foods that should be consumed in large portions and frequently to prevent and manage type 2 diabetes. The authors suggest that there is evidence that diets rich in legumes, whole grains, nuts, vegetables, fruits, moderate alcohol consumption, meals lower in refined grains, and low sugar-sweetened soft drinks reduces diabetes risk and improve control of glycemia and other lipids found in the blood of diabetes patients.

Anuruddhika Subhashinie Senadheera, S. P., Ekanayake, S., &amp; Wanigatunge, C. (2016b).

Dietary Habits of Type 2 Diabetes Patients: Variety and Frequency of Food Intake. Journal of Nutrition and Metabolism, 2016,1–6. <https://doi.org/10.1155/2016/7987395>

According to this article, the primary problem is that type 2 diabetes is a severe health threat to the world, and the incidences of the disease are increasing in Asian countries. The article's primary purpose is to examine the dietary patterns and the frequencies of foods of patients with type 2 diabetes. The authors used questionnaires to collect the required information from type 2 diabetes patients. The authors, however, did not provide any research questions for their research study. Since the study provides relevant information regarding the dietary patterns and food frequencies in patients with type 2 diabetes, this is significant to nurses because, by nurses identifying the kinds of food people eat, they can relate how diet influences type 2 diabetes and come up with a strategy that would change the diet patterns of people. The information can also enable the start of health promotion programs within the community to help reduce type 2 diabetes cases.

**How the two Articles Support the Nurse Practice issue I Chose**

1. **How the Articles will be used to answer the PICOT Question, "In adult patients with type 2 diabetes mellitus, how do healthy dietary practices affect the development and severity of the condition?”**

The articles are written to answer the PICOT question by analyzing the data in the articles and finding out if dietary practices affect the development and severity of the condition from the data provided in the articles. By doing this, we will find out the article by Worku, Mekkonnen & Wassie (2015) relates to the PICOT question, and it answers it as well. The article investigates the dietary practice and the factors associated with type 2 diabetes among patients. This answers the PICOT question, thus supporting the nursing issue regarding diabetes and dietary practices. The article written by Anuruddhika, Ekanayake, & Wanigatunge answers the PICOT question by examining the frequency and variety of food intake among patients with type 2 diabetes.

1. **How the interventions and comparison groups in the articles compare to those identified in the PICOT question**

In the first article, the intervention is dietary components and nutritional strategies, while the comparison group is the people with type 2 diabetes. On the other hand, the intervention in article 2 is dietary habits, and the comparison group is patients with type 2 diabetes. These interventions and comparison groups are similar to those found in the PICOT question. This similarity reveals how these articles answer the PICOT question.

**Methods of Study**

1. **The methods used in the articles and how they are different**

Article one uses a meta-analysis review study, while article two uses a cross-sectional study method. The difference between the two study methods is that a meta-analysis review study is a methodological review of a particular topic of focus in the literature that gives a quantitative estimation for the effect of treatment intervention, and the results of this method can be used to provide treatment recommendations or give guidance in designing future clinical trials. On the other hand, a cross-sectional study is an observational study that explores population data or data from a representative of the entire population at a particular point in time.

1. **Benefits and limitations of the methods used in the articles**

The advantage of a meta-analysis review study is that it gives a more precise estimation of the size of the effect and increases the generalizability of each study's outcomes. This helps in conflict resolution between studies yielding convincing results when individual studies are indecisive. One of the limitations of this study method is that not all the variables in these studies are comparable. In this case, some of the variables lack comparable measures for meta-analysis forcing one to create novel variables that present comparable ideas or limit the evaluation to standard components. Conversely, one advantage of a cross-sectional study is that it is relatively easy and quick to accomplish as it lacks long periods of conducting follow-ups. The data for all variables is only gathered once. However, this study's primary limitation is that since there is a simultaneous assessment of exposure and outcome, generally, there is a lack of proof of a temporal association between outcome and exposure.

**Results of Study**

1. **Summary of the key findings of each study**

The article by Ley, Handy, Mohan, & Hu (2014) found out that the Mediterranean diet enhances glycemic control compared to the conventional diet. In addition, the article finds that moderate consumption of alcohol lowers risk complications in diabetic patients. Putting more emphasis on the quality of the overall diet and many dietary patterns can be included in cultural and individual food preferences and suitable calorie requirements for control of weight and prevention and management of diabetes.

The article by Anuruddhika, Ekanayake, & Wanigatunge (2016b) found out most study participants as obese or overweight, and more than fifty percent agreed they were either obese or overweight. Almost every study participant consumes three meals a day while 34% ate small frequent meals per day as the Sri Lankan clinic recommend. All the participants eat rice for lunch, and it triggers a lower or medium glycemic response.

1. **The implications of the nursing practice of the two studies**

Implementing the findings of the two studies will enable nurses to develop a food chart containing different types of food that do not affect the development and the severity of type 2 diabetes, thus reducing morbidity and mortality.

**Ethical Considerations**

1. **Two Ethical considerations in conducting research**

Informed consent and confidentiality are some of the ethical considerations to be considered while conducting research. Informed consent should be considered when researching in that a study participant should be allowed to participate in the study willingly. The researcher should handle, share, and store participants' information with a lot of privacy and safety and ensure the information is not disclosed to the wrong person.

1. **How the researchers in the two articles took the ethical considerations into account while conducting their research**

Ley, Handy, Mohan, & Hu (2014) did not consider any of the ethical considerations while conducting their research, while Anuruddhika, Ekanayake, & Wanigatunge (2016b) took into account informed consent while conducting their research. They acquired informed consent from all the study subjects before starting the study.

**References**

Anuruddhika Subhashinie Senadheera, S. P., Ekanayake, S., &amp; Wanigatunge, C. (2016b).

Dietary Habits of Type 2 Diabetes Patients: Variety and Frequency of Food Intake. Journal of Nutrition and Metabolism, 2016,1–6. <https://doi.org/10.1155/2016/7987395>

Ley, S. H., Hamdy, O., Mohan, V., &amp; Hu, F. B. (2014). Prevention and management of type

2 diabetes: dietary components and nutritional strategies. The Lancet, 383(9933), 1999–2007. <https://doi.org/10.1016/s0140-6736(14)60613-9>