

Week 3 Collaboration Cafe

Complete the Johns Hopkins Nursing Evidence Based Practice Appendix E Evidence Appraisal Tool. Once you've completed the tool, use your own words to summarize your appraisal of the article. Include the following:

- Description of the purpose
- Explanation of research design
- Discussion of sample
- Description of data collection methods
- Summary of findings
- Strengths of the study (minimum of 1)
- Limitations of the study (minimum of 1)

Recommendations regarding potential application for future practice that are insightful and appropriate.

Attach the article to your post, in addition to including the full reference for the article in your post.

During the week, read a minimum of two articles posted by peers and add your thoughts about whether you feel their article would support an EBP change.

Answer:

1 Description of purpose: This article aimed to compare a group of 8-10-year-old boys who were in the lean category rating by BMI measurement and 8-10-year-old boys in the 95th percentile and above (obese) BMI category by measuring changes in the BMI after a ten-week trial of exercising 1 hour a day five days a week. The article I selected relates to my PICOT, and it implements how physical activity can decrease BMI in the pediatric population. I am studying the pediatric population ages 2-19 with obesity and the effect of nutritional education and benefits of family meals with lifestyle modification such as physical activity, in comparison to the pediatric population only receiving nutritional education without family involvement on weight loss resulting in a lower BMI to be completed over 12-18 months.

Explanation of research design: Quantitative randomized control trial level 1 systematic review with a quality rating of C due to needing a larger sample size and statistical evidence with a longer time frame.

Discussion of sample: The sample consisted of 46 boys ages 8-10 that were not in a regular exercise program and considered healthy. There were 26 boys ages 8-10 considered obese by the BMI scale and 20 boys ages 8-10 considered lean. These