

Week 5 -Evidence Synthesis

A search to online Chamberlain University (CINAHL) was utilized to conduct an advanced practice search to find a quantitative study, a single source related to the National Practice Problem of Coronary Artery Disease (CAD) and prevention.

The quantitative article of choice is “Effects of a Web-Based Educational Support Intervention on Total Exercise and Cardiovascular Risk Markers in Adults with Coronary Heart Disease” (Wong et al., 2020). The John Hopkins Appraisal Tool finds the article a level I with an A of high quality.

<https://chamberlainuniversity.idm.oclc.org/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=c8h&AN=145318133&site=ehost-live&scope=site>

Wong, E. M., Leung, D. Y. P., Chair, S. Y., & Sit, J. W. H. (2020). Effects of a Web-Based Educational Support Intervention on Total Exercise and Cardiovascular Risk Markers in Adults With Coronary Heart Disease. *Worldviews on evidence-based nursing*, 17(4), 283–292. <https://doi.org/10.1111/wvn.12456>

Themes:

Kaldal et al. (2021). Cardiac risk factors, prevention, follow-up care, consultations

Winkler et al. (2023). Referral care, Primary Care Physician decision-making in referrals for probable coronary artery disease patients. Patient risk factors that may or may not lead to referral.

Wong et al. (2020). Cardiac prevention, eHealth usage in preventing CAD (promoting exercise and managing cardiac risk markers), follow-up care.

The main theme:

The central theme in all three articles is the importance of follow-up consultations with primary care or specialists (Kaldal et al., 2021; Winkler et al., 2023; Wong et al., 2020). Each article discusses the primary signs of coronary artery disease. Proper patient education, follow-up, and referrals are crucial to evaluating new cardiac events or disease progression risks. Follow-up or referrals allow the patient to question the physician, identify misunderstandings, make further assessments, and adjust treatment plans. Kaldal et al. (2020) underline the importance of continuous follow-up to maintain treatment results.

Compare and Contrast: