

Overview of Quantitative Article



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Impact of a Smoking Cessation Educational Program on Nurses Interventions by Sarna et al. (2014) is an article about the actual effectiveness of a brief educational program aimed at improving nurses interventions with smokers. The program was evaluated against the nurses smoking and the frequency of smoking interventions that nurses could conduct. This article considers the role of frequent nurses interventions in helping the patient to quit smoking. It also cites that when the nurse in question also smokes, the intervention is less likely to be fruitful in the end. The researchers concluded that capacity building for smoking cessation amongst the nurses is an effective concept, but it does not guarantee positive results when nurses smoke.

Study Design

Impact of a Smoking Cessation Educational Program on Nurses Interventions by Sarna et al. (2014) is a quantitative study with a prospective single-group design and a follow-up study which took place three months after the initial study. The researchers were mainly



interested in the educational program and ways it affected the ability of nurses to influence smoking cessation. Furthermore, they analyzed the impact of the nurses smoking on smoking cessation exercises. A quantitative study follows the ideology of measurements where the researchers aim at measuring the exact relationship between one variable and another. These studies have both independent and dependent variables, where the main concern is to establish their relationship. In this particular study, the focus was on establishing the impact of an educational program and the nurses smoking on the frequency of smoking cessation interventions. The researchers relied on a prospective design in both the pre-study and post-study phases where they had to assess nurses changes in conducting interventions for smoking. The nurses had to fill out surveys that offered a self-assessment of their habits in relation to smoking cessations before and after the educational program, taking into consideration their smoking habits.

Sample Size and Representativeness

This study had about 98 participants who had both pre- and post-study data. All nurses were recruited from an educational program conducted by their specially trained faculty members who were in some way fully informed and supported in the context of the study. Nurses were randomly invited to educational programs, where they were requested to participate in a study that would require them to fill out surveys three months after the educational program. It can be appreciated that this study was conducted in the Czech Republic, where more than 40% of



female nurses are smokers (Sarna et al., 2014). In addition, the study is effectively representative of Eastern Europe. This region is rarely considered in global studies within the healthcare field and thus, there is no previous data to draw from. There was a considerably significant number of nurses willing to participate in a randomized study regarding the frequency of their smoking cessation interventions against their capacity building and smoking. It means that the representativeness achieved by the researchers is significantly impressive. The fact that 98 nurses qualified for the inclusion as participants implies that the sample was as large as it could be for the Czech Republic (Sarna et al., 2014). It must be noted that all the participants in this study were female nurses and about a third of them were active smokers.

Results of Data Analysis

The researchers analyzed differences between the reported frequencies of nurses interventions before and after the educational programs using a non-parametric sign test. They used McNemar's test to establish and explain differences in the proportion of nurses who were always willing and ready to intervene in smoking cessation before and three months after the educational program. The researchers also considered differences between nurses who smoked and their smoking cessation interventions in relation to how frequently they actually helped their patients to quit smoking. The results indicated that nurses who had attended the educational program were more likely to assist their patients in quitting smoking. Those who smoked, on the other hand, were found

less likely to conduct smoking cessation. Generally, nurses who smoke were unable to help their patients to quit smoking, but those who did not smoke were more capable of suggesting and conducting effective smoking cessations (Sarna, Bialous, Ong, Wells, & Kotlerman, 2012).

Summary of Strengths and Weaknesses

This article has a relatively large sample population with a response rate of over 60%, considering that over 150 nurses were approached, but only 98 participated owing to the availability of both pre- and post-study data on them (Sarna et al., 2014). The second strength is that the study comprises female nurses only, with a majority of nurses in the Czech Republic and the world, in general, being predominantly female. Thus, the study has a practical and reliable sample population and it can be appreciated that it improves the reliability of the provided findings.

As for weaknesses, it can be noted that researchers did not have a control or comparison group against which to measure and deduce any other variables that may have contributed to the overall improvement in the nurses frequency for smoking cessation interventions after the educational programs. It means that while it can be concluded that the educational programs improved the frequency with which nurses were willing and able to conduct interventions for their smoking patients, there could be a number of other factors involved as well (Rice,



Hartmann-Boyce, & Stead, 2013).

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Research Question

In this section, the article under review is Transforming Care at the Bedside: Managers and Health Care Providers Perceptions of Their Change Capacities by Lavoie-Tremblay et al. (2014). The researchers in this study were guided by the question of the effectiveness of the Transforming Care at the Bedside (TCAB) project, based on the change and improvement efforts within the work environment for a front line health care provider. Lavoie-Tremblay et al. (2014) mainly focused on attempting to understand the change capacity of a health care provider from the provider's perception. The TCAB program is mainly about engaging health care providers in the improvement of the overall health care service delivery system, which requires the commitment and confidence of the front line personnel. It is worth mentioning that in this article, the researchers were interested in an actual problem with the potential of a significant solution that could help transform the health care sector for the better.

Study Design

Lavoie-Tremblay et al. (2014) in the article Transforming Care at the Bedside: Managers and Health Care Providers Perceptions of Their

Change Capacities provided a qualitative study that focused on the perceptions of the managers and health care providers within a health facility that is implementing the TCAB project. A qualitative study focuses on the quality and range of behaviors and perceptions of the participants to establish why and how they act or think. As such, these studies allow for an in-depth understanding of human behaviors that are relevant to the subject of the study. A qualitative study is specifically effective in the sense that the findings are dependent upon the actual participants who serve as a representation of the general population under investigation.

Qualitative research is often exploratory, seeking to understand whether there is a problem and to define it before a solution can be sought. In this case, the authors were trying to establish whether the TCAB project had any impact on the managers and health care providers based on their perceptions. The researchers used focus groups and individual interviews within an organization that had previously implemented the TCAB project (Lavoie-Tremblay et al., 2014). Focus groups allowed the researchers to collect effective data by targeting their participants in relevant clusters. On the other hand, interviews simply allowed for open interactions between the researcher and the participants where the interview was guided by the research question. In this case, the researchers aimed at discovering what the participants thought of their change and improvement efforts as related to the TCAB.

Sample Size and Representativeness



In this study, the participants were primarily health care providers and managers in a hospital facility that had implemented the TCAB project. All the participants worked within the same health care organization but within three different TCAB units. The research was about health care providers working within the TCAB program and their perceptions of change and improvement as related to this program. Considering that each health care organization often has its set of challenges and limitations with respect to the TCAB, using three different units within the same organization allowed for a cross-sectional analysis of the organization in question. This sample size was seemingly small, but it offered the researchers a complete picture since it was fully representative of the healthcare organization in question. In this case, there were 19 participants, only three of whom were male (Lavoie-Tremblay et al., 2014).

Results of Data Analysis

The researchers conducted, recorded, and used interviews to guide the data analysis process. First, the interviews were transcribed and coded to identify the major categories and themes. The data were then presented, elaborated, and verified as per the standard procedures for data analysis in exploratory studies. The results showed that the major themes within health care organization included perceptions of the team and structured processes that led to change, learning skills, engagement of the members of the team, shared leadership responsibilities, and the impact of changes in the healthcare organization (Dwyer, 2011). The participants agreed that

the TCAB project had a positive impact on their output within a general context and thus that it was effective in influencing their change and improvement efforts. The main data analysis method used in this study was NVivo which is a particularly effective tool for text analysis in qualitative studies.

Summary of Strengths and Weaknesses

This study focused on one hospital to provide information on how the TCAB project affected the change and improvement efforts of the health care providers and managers. It can be mentioned that one of the strongest factors for the researchers is that they were able to conduct the study in three different units within the organization, thus gaining sufficient representation across the health care organization in question. In addition, the sample size of 19 participants within the same health care facility was genuinely admirable under these specific circumstances.

For reliability, however, the study would need a larger sample size, including various hospitals that have implemented the TCAB project. The small and concentrated sample population limits the reliability of the study since each specific hospital has a set of values and challenges that affect the change and improvement capacities of the personnel. Consequently, the findings of the study cannot simply be generalized and applied to another health care organization with the expectation of accuracy.

