

## iCAHE JC Critical Appraisal Summary

### Journal Club Details

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Journal Club location	ECH Greenacres
JC Facilitator	Ruth Dignam
JC Discipline	Multi-D

### Article/Paper

Sebastião E, de Melo Coelho FG, Nascimento CM, de Andrade LP, Pereira JR, Gobbi S. The Walking Ability in Healthy Older Adults: The Role of Aging and Physical Activity and Its Interface with Agility, Balance, Cognition, and Risk of Falls. In: *Locomotion and Posture in Older Adults 2017* (pp. 73-90). Springer, Cham.

*Please note: due to copyright regulations CAHE is unable to supply a copy of the critically appraised paper/article. If you are an employee of the South Australian government you can obtain a copy of articles from the [DOHSA librarian](#).*

**Article Methodology:** Literature Review



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Ques No.	Yes	Can't Tell	No	Comments
<b>RELEVANCE of sources</b>				
1				<p><b><i>The relevance of information source relates to how useful the source is for your particular practice.</i></b></p> <p>To decide the relevance, you will need to consider some of the following questions:</p> <p>What type of audience is the information produced for?</p> <p>Is the information specialised enough for your needs?</p> <p>Is the information detailed enough for your needs?</p> <p>Does the information cover your topic in terms of time and place? (Decide if you need historical information, current information or both; Decide if you need information that is local, regional, national or international.)</p>
<b>QUALITY of sources</b>				
2				<p><b><i>Reliability of information</i></b></p> <p>Is the author of the information identified?</p> <p>All of the contributing authors of this article are clearly identified from the opening page. The authors were: E. Sebastiao, F.G. de Melo Coelho, C.M.C. Nascimento, L.P. de Andrade, J.R. Pereira, S. Gobbi.</p> <p>Does the author of the information have the qualifications or experience to write on this topic?</p> <p>All of the authorship team have qualifications which are appropriate for the topic area covered in this article, with specializations in aging and physical activity. While many of these authors are located in Brazil, the cultural influence of the authorship team would not have impacted the topic (though, it should be noted some examples are provided within a Brazil context).</p> <p>Does the information come from an 'authoritative source'?</p> <p>It appears this authorship team have the appropriate qualifications and skills to write with authority on the topic. Beyond that, the article is well cited, providing an extra layer of authority to the information that is provided.</p>

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3			<p><b>Accuracy of information</b></p> <p>How is the information presented?</p> <p>As this article was constructed to form a chapter as part of a larger book, it is presented as a textbook chapter (in that all information is delivered clearly and concisely, with the intent of answering the two main questions delivered at the chapter opening). The information is presented as a description of how aging and physical activity interfere with walking ability, and information is presented in an overview of this topic.</p> <p>If the information is presented as fact, can it be checked?</p> <p>Where information is presented as fact, appropriate sources are provided which can be confirmed against the reference list.</p> <p>Is the information biased?</p> <p>The presented information is provided with minimal bias. As it is operating as the description of a topic, it is not presented in a way that would indicate that any of the contents is less than factual, or influenced by the authorship team beyond the use of their expert knowledge.</p>
4			<p><b>Timeliness of information (how recent is the information)</b></p> <p>The article itself was published in 2017 as part of a larger book. However, despite the recency in publication, it should be noted that many of the included references are older (2013-14) suggesting that the article may contain slightly older information due to publication delays. That noted, some of the effectiveness studies detailed in the article are more recent (2016), suggesting updates occurred before final publication. Additionally, it's possible that this information remains the most relevant despite the delay, and it is within the last 5 years (which is considered 'recent' by academic standards).</p>
5	<p>Discuss this in your Journal Club</p>		<p><b>Can the results be applied to the local population?</b></p> <p><b>CONTEXT ASSESSMENT (please refer to attached document)</b></p> <ul style="list-style-type: none"> <li>- Infrastructure</li> <li>- Available workforce (? Need for substitute workforce?)</li> <li>- Patient characteristics</li> <li>- Training and upskilling, accreditation, recognition</li> <li>- Ready access to information sources</li> <li>- Legislative, financial &amp; systems support</li> <li>- Health service system, referral processes and decision-makers</li> <li>- Communication</li> <li>- Best ways of presenting information to different end-users</li> <li>- Availability of relevant equipment</li> <li>- Cultural acceptability of recommendations</li> <li>- Others</li> </ul>
6			<p><b>Were all important outcomes considered?</b></p>
7			<p><b>Are the benefits worth the harms and costs?</b></p>
8			<p><b>What do the study findings mean to practice (i.e. clinical practice, systems or processes)?</b></p>

9		<p>What are your next steps?  <b>ADOPT, CONTEXTUALISE, ADAPT</b></p> <p>And then (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.)</p>
10		<p>What is required to implement these next steps?</p>

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