

iCAHE JC Critical Appraisal Summary

Journal Club Details

Journal Club location	Flinders Medical Centre
JC Facilitator	Cassandra Lawless
JC Discipline	Dietetics
CAT completed by:	Matt Ransom

Question

Does milk and dairy products increase the thickening or worsening of mucous or phlegm?

Review Question/PICO/PACO

P: Adult hospitalised patients

I: Milk and dairy products

C: No milk and dairy products

O: Thickening or worsening of mucous or phlegm

Article/Paper

Bartley, J. and McGlashan, S.R., 2010. Does milk increase mucus production?. Medical hypotheses, 74(4), pp.732-734.

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



University of
South Australia

iCAHE

International Centre for
Allied Health Evidence

A member of the Sansom Institute

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CRICOS Provider Number
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Ques No.	Yes	Can't Tell	No	Comments
RELEVANCE of sources				
1				<p><i>The relevance of information source relates to how useful the source is for your particular practice.</i></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>
QUALITY of sources				
2	√			<p><i>Reliability of information</i></p> <p>Is the author of the information identified?</p> <p>Jim Bartley, Susan Read McGlashan</p> <p>Does the author of the information have the qualifications or experience to write on this topic?</p> <p>Jim Bartley is an Otolaryngologist. MB ChB 1981 Auckland; FRACS 1990; FFPMANZCA 2008</p> <p>Susan Read McGlashan is currently a senior lecturer and director at the Biomedical Imaging Research Unit – University of Auckland</p> <p>Affiliations:</p> <p>Division of Otolaryngology – Head and Neck Surgery, Counties-Manukau District Health Board, New Zealand</p> <p>Department of Anatomy with Radiology, University of Auckland, New Zealand</p> <p>Does the information come from an ‘authoritative source’?</p> <p>Yes</p>

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3	✓		<p>Accuracy of information</p> <p>How is the information presented?</p> <p>The information is presented in the form of a literature review. The information is referenced, however, many of the in-text citations would now be out of date – Many from 1980s-90s.</p> <p>If the information is presented as fact, can it be checked?</p> <p>The information presented can be checked. Referenced throughout</p> <p>Is the information biased?</p> <p>Due to the paper being a literature review the information does have potential to be biased. Journal club should discuss.</p>
4		✓	<p>Timeliness of information (how recent is the information)</p> <p>The literature review was published in 2010. 15 of the 25 cited articles were before the year 2000.</p>
5	<p>Discuss this in your Journal Club</p>		<p>Can the results be applied to the local population? Choose relevant context issues. The following are only suggestions to prompt discussion.</p> <p>CONTEXT ASSESSMENT</p> <ul style="list-style-type: none"> – Infrastructure – Available workforce (? Need for substitute workforce?) – Patient characteristics – Training and upskilling, accreditation, recognition – Ready access to information sources – Legislative, financial & systems support – Health service system, referral processes and decision-makers – Communication – Best ways of presenting information to different end-users – Availability of relevant equipment – Cultural acceptability of recommendations – Others
6			<p>Were all important outcomes considered?</p>
7			<p>Are the benefits worth the harms and costs?</p>
8			<p>What do the study findings mean to practice (i.e. clinical practice, systems or processes)?</p>

9		<p>What are your next steps? ADOPT, CONTEXTUALISE, ADAPT</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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