

iCAHE JC Critical Appraisal Summary

Journal Club Details

Journal Club	Royal Adelaide Hospital
JC Facilitator	Tania Shearer and Amy Wigmore
JC Discipline	Occupational Therapy

Clinical Scenario

Is there evidence to suggest that rehabilitation is beneficial in the geriatric palliative population?

Review Question/PICO/PECO

- P Older patients for palliative care
- I rehabilitation
- C no rehabilitation
- O quality of life, well-being, physical function

Article/Paper

Maddocks M, Armstrong S, Wilcock A (2011) Exercise as a supportive therapy in incurable cancer: exploring patient preferences, *Psycho-Oncology*, 20: 173-178.

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: Cross-sectional study

Journal Club Meeting on: 4th Aug 2011



CONTACTS

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iCAHE

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Ques No.	Yes	Can't Tell	No	Comments
1	✓			<p>Was the purpose stated clearly?</p> <p>The purpose was clearly stated in the abstract and in the introduction part of the article. <i>Purpose of the study:</i> To explore the acceptability of exercise to patients with incurable cancer</p>
2	✓			<p>Was relevant background literature reviewed?</p> <p>Yes and appropriate justification for conducting this study was demonstrated.</p>
3	✓			<p>Describe the study design. Was the design appropriate for the study question?</p> <p>This study used a cross-sectional design (quantitative), which involved one-time administration of a questionnaire.</p> <p>The aim of this study is exploratory, which, in many cases, would require a qualitative study (focus groups or interviews). As to which research design is better –quanti or quali, is often a difficult decision to make. The use of focus groups or interviews (in a qualitative study) is often done to obtain IN-DEPTH answers for a particular problem.</p> <p>Surveys/questionnaires (as in a cross sectional study), on the other hand, are an effective tool when the investigators already have some knowledge about the subject but want to examine what the larger population thinks about it. For this study, the use of questionnaire (i.e. cross sectional design) may therefore be considered appropriate.</p>
4	✓			<p>Was the sample described in detail?</p> <p>Patient details were provided in Table 2, and in the results section.</p> <p>Was the sample size justified?</p> <p>Power calculation was undertaken.</p> <p>Was informed consent obtained?</p> <p>All participants provided written informed consent, and study was approved by Nottingham Research Ethics Committee.</p>
5			✓	<p>Were the outcome measures reliable? Were the outcome measures valid?</p> <p>A 19-item questionnaire was used to collect data on three areas—exercise behavior, preference for type of exercise program, program delivery preferences. The article did not report whether or not the test was tested for validity and reliability.</p>

6	✓		<p>Were the results reported in terms of statistical significance?</p> <p>Results were presented using p-values and confidence intervals.</p> <p>Clinical importance was reported?</p> <p>Journal club to answer</p>
7	✓		<p>The conclusions were appropriate given the study methods and results?</p> <p>This study demonstrated that exercise can be used as a supportive therapy in patients with incurable cancer. It can also inform the development of exercise programs for this patient group in order to maximise their function and well-being.</p>
<p><u>Summary of search strategy</u></p> <p>Key words</p> <ul style="list-style-type: none"> • Concept 1: palliative OR 'end of care' • Concept 2: rehabilitation OR therapy <p>Databases</p> <p>Medline, EMBASE, CINAHL, Academic Search Premiere, PubMed, Ageline, Allied and Complementary medicine, BioMed Central Gateway, ProQuest family health, Health and Medical Complete, Web of Science and Google</p> <p>Limiters</p> <p>English articles only; published in the past ten years</p>			

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