Active Learning, Nursing Students & Quantitative Research Articles

Shanti Freundlich | Liaison Librarian | Simmons College
...submit a current, scholarly description of ONE quantitative nursing research study... NOT a metasynthesis or literature review.

Students were unfamiliar with subject-specific resources and struggled to connect definitions to search results.
Learning Outcomes

closely read an abstract & detailed record IOT distinguish between different types of articles.

connect the language of their field to the search process to develop targeted search strategies.
How will you find the article you need?

Simmons Library...search quantitative research article in search bar... choose one!

Google "quantitative nursing article" and click on the first good-looking one from a legit site.

CINAHL > search with keywords including nurs*, quantitative and topic. Put in timeframe, peer-review and language guidelines.

Read the abstracts to look for methods and confirm other limiters.
Blood pressure, fitness, and lipid profiles of rural women in the Wellness for Women Project.

Authors: Hageman PA; Pullen OH; Walker SN; Boedeker LS
Affiliation: Physical Therapy Education, College of Medicine, University of Nebraska Medical Center, Omaha, NE, phagaman@unmc.edu
Source: Cardiopulmonary Physical Therapy Journal (CARDIOPULM PHYS THER J), 2010 Sep; 21(3): 27-32, 34 (27 ref)
Publication Type: Journal articles - research, Tables/charts
Language: English

Major Subjects: Blood Pressure
Cardiovascular Risk Factors
Physical Fitness
Rural Areas – Nebraska
Women's Health

Minor Subjects: Aged; Blood Pressure Determination; Body Mass Index; Chi Square Test; Clinical Assessment Tools; Descriptive Statistics; Experimental Studies; Female; Functional Assessment; Heart Rate – Evaluation; Hematologic Tests; Human; Hypertension; Median Age; Multivariate Analysis of Variance; Nebraska; Newsletters; Patient Education; Physical Fitness – Evaluation; Questionnaires; Random Sample; Secondary Analysis; Univariate Statistics; Walking

Abstract: Purpose: This study examined whether rural women, who had a high prevalence of prehypertension and hypertension upon enrollment in a wellness program, would also have a high prevalence of other cardiovascular disease risk factors such as low fitness and/or obesity. Methods: Data were analyzed from 235 rural women, ages 50-69, enrolled in a healthy eating and activity clinical trial. Cardiovascular health indices, fitness measures, blood pressure, and fasting blood serum samples were collected following standardized protocols at rural research offices. Chi-square and MANOVA were performed to examine differences in health characteristics, lipids, and fitness across blood pressure categories. Results: Fitness indices of estimated VO2max, 1-mile walk time, and resting heart rate differed between the blood pressure groups, with those in the prehypertensive and hypertensive groups having less desirable profiles than those in the normotensive group. Triglyceride levels of 150 mg/dl or greater were observed in 36%, 32%, and 16.7% of women who had prehypertensive, hypertension, and normal blood pressures, respectively. Conclusions: The need for routine blood pressure screenings by practitioners is reinforced by finding that rural women screened via PAR-Q and/or physician clearance had a high prevalence of prehypertensive and hypertensive blood pressures, in addition to low fitness and nonoptimal triglycerides. Practitioners need to provide counseling based on results and refer to other providers as appropriate.

Journal Subset: Allied Health; Double Blind Peer Reviewed; Editorial Board Reviewed; Expert Peer Reviewed; Peer Reviewed; USA
Special Interest: Physical Therapy; Women's Health
Instrumentation: Physical Activity Readiness Questionnaire (PAR-Q) (American College of Sports Medicine)
ISSN: 1541-7891

MEDLINE Info: PMID: 20097076 NLM UID: 101155626
Finding what you need.

Remember to read the whole article, not just the abstract!
How many minutes is this activity?

- 15 minutes for Introduction
- 40 minutes for Exploring Abstracts
- 35 minutes for Searching & Assessment

How many students in a session?

- 25 students
- 38 students (Average)
- 60 students

How are you assessing their learning?

- Course Assignment
- Reflection
Roadmap

Reflection
Terminology Card-Sort
Abstract Evaluation
Find One
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