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Research Article Appraisal Questions

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Research Article Appraisal Questions

1. Which topic of field is being examined?

Sleep disturbance in Nursing staff working shifts

a. Is the problem significant to nursing?

The topic is significant to nursing because it provides the welfare of nurses working in shifts. Lack of a good quantity and quality of sleep can make the nurses suffer from fatigue.

b. Is the purpose of conducting the research made explicit?

The authors stated explicitly that the research's main goal was to illuminate if nursing workers operating on irregular shifts are affected by challenges related to sleep problems. Also, the study intended to understand the degree to which sleep difficulties impact moods of exhaustion and character issues.

2. Who are the key researchers on this topic?

The researchers in this journal are ³ Anna Korompeli RN, BSc, MPH, Ph.D., Tzavara Chara MSc, Lemonidou Chrysoula RN, BSc, Ph.D., and Panayota Sourtzi RN, BSc, Ph.D.

a. ¹ What are the qualifications and reputation of the investigator/s?

The investigators are highly qualified with a minimum of Doctor of Philosophy (PhD.). Moreover, all four researchers have experience in research because they are involved in writing several other journals. The investigators are also proficient in nursing; for instance, Anna is a clinical instructor, Tzavara is a biostatistician, Lemonidou is a professor at the University of Athens and works in nursing. Finally, Panayota is an associate professor in occupational health nursing.

- b. ¹ What evidence is there in this report that they are qualified to conduct this study?

The addition of numerous academic qualifications and certifications every author has indicates their ability to handle this research.

- c. Is this article published in a refereed journal?

The study is published in a highly reliable journal, the Nursing Forum, which requires the article to have a nursing resource.

3. ⁵ What has been the focus of the research efforts so far?

- a. What is the current status?

The current study has indicated that nursing staff who work overtime are exposed to sleep deficiency linked with tiredness. Therefore, shift work, including those that go at night, can interfere with nurses' well-being.

- b. ¹ Has the purpose for conducting the research been explained?

Yes, the purpose of the study is to investigate the influences linked with sleep deprivation in nursing workers operating in unbalanced shifts.

- c. ¹ Is the research comprehensive, logical, and relevant to the problem?

The study is detailed and logical because the nurses play a critical role, and therefore, to get the rational information, it was good to get it from nurses themselves. Also, it was relevant to the issue because it provides robust evidence for the connection between sleep trouble and changes at work, family roles, chronic tiredness, and age.

4. What are the themes, topics, or subtopics identified?

source	objective	method	results	conclusion
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Korompeli, A., Chara, T., Chrysoula, L., & Sourtzi, P. (2013, January). Sleep disturbance in nursing personnel working shifts. In <i>Nursing forum</i> (Vol. 48, No. 1, pp. 45-53).	To investigate the issues related to sleep trouble in nursing workers operating uneven shifts.	A cross-sectional survey was utilized, and the data gathering used the standard shiftwork index: three hundred and sixty-five nurses and the associate working shifts.	Feminine nurses and those with high stages of enduring exhaustion had more sleep trouble among all the shifts. Nurses that worked for more than eighteen years and those with family roles had more sleep problems.	It was summed up that demographic, working features, and household structure is related to siesta problems among nursing workers' shifts. The adjustment of changes based on nurses' requirements and preferences is vital for decreasing sleeping issues.
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5. How have certain studies built on prior studies?

Several studies have built prior studies because they have laid a foundation for research and developed significant limitations and vocabularies to improve future studies.

a. Where are the connections?

Nurses play a vital role in clinical care; therefore, they need to be alert while at work. The connection between shift work and nurse wellness is excellent in improving their productivity through eliminating chronic fatigue.

b. Is there a new interpretation of the research?

There are no new interpretations because the results indicated that the work shift makes nurses suffer from sleep problems linked with fatigue.

6. Have there been any controversies or debates about the research?

There has not been any debate about the research.

a. Is there a consensus

Since there was no debate or controversies in the research, there was a consensus in conclusion.

b. Are there any contradictions?

There were no contradictions in the research.

c. Is the protection of human subjects addressed?

Yes, through the ethics review board and informed consent.

1) Is there evidence of an independent ethics review by a board (IRB) or a committee?

The research followed the rules accepted by the scientific board and the ethics committee of every health facility included in the study.

2) Has the study been designated to minimize risk and maximize benefits to participants?

Participants' risks are reduced because privacy is safeguarded, and the questionnaires were placed together in sealed envelopes, making them unanimous. Also, the participants are nurses, and they are the ones to benefit from the research when a solution is obtained and implemented.

¹
3) **Is there any indication that participants gave voluntary informed consent?**

The authors have indicated the ethics procedures that were followed to protect the participants. Therefore, all members had obtained informed consent before partaking in the study.

⁴
7. **Are the author's arguments and conclusions convincing? Does the work have value and ultimately contribute in any significant way to an understanding of the subject?**

The assumptions and inferences are considerable because they found that female nurses, irregular shifts, worked for over eighteen years, and those with at least three family members are linked with sleep problems in their shifts.

a. **Does the researcher document the research process?**

All the research procedure is documented from where the study took place in three public healthcare facilities in Athens, to the selection of participants and their characteristics and the instruments used in data collection and analysis.

¹
b. **What design has been used for the study?**

Qualitative research design

¹
1) **Is the design appropriate for the research question and the purpose of the research?**

The research design is suitable for accomplishing the study's purpose because it concentrates on why the nurses suffer from sleep problems during their shifts, and the participants respond to the questions.

2) Describe the instruments of procedures used for data collection?

The instrument utilized in data gathering is the standard shiftwork index. The questionnaire was founded n the prevailing acquittances of the issues related to working shifts and variables that can change participants' reactions to shift operation.

c. Does the researcher describe the strategies used to analyze the data?

The authors described the data analysis, which comprised of univariate analysis, post hoc analysis with Bonferroni correction, Pearson correlation coefficients, and linear regression analysis.

d. ¹ Is the link between the analysis and the findings logical and clear?

There ¹is a connection because univariate analysis indicated that ladies had more siesta problems before noon, evening, and night working time. Correlation analysis showed substantial optimistic relations of chronic fatigue with sleep balances.

8. What nursing theoretical framework or conceptual model has been used that might be useful to you?

The theoretical framework explains how nurses' experiences and response affects their well-being.

a. ¹ Is a theoretical or conceptual framework described? If it is not, indicate, one is omitted.

The model is not described, and it is the transition theory because it acknowledges the work of nurses as they assist individuals.

- b. ¹ Does the research problem flow naturally from the conceptual framework?**

Yes, understanding the factors linked with sleep problems in nursing workers with asymmetrical shifts flows naturally to understanding the role of nurses in the transition theory.

- 9. ² Which areas have been identified as needing further research? ² How has the research that has already been done help frame your current investigation?**

More research is needed to understand the effects of sleep problems on nurses operating in rotating shifts because of variations in their work structure. The study provides more insight and realization of what has been done.

- a. ¹ What have recommendations for nursing practice and future research studies been made? Do the data support this recommendation?**

Nurses should adjust their shift schedules based on their requirements and preferences to decrease sleep problems that may affect their health. Data do not support this.

- b. ¹ Has enough information been given to permit replication?**

The authors have used past literature to provide as much information as possible that will permit replication.

- 10. How will your topic uniquely contribute to his body of knowledge?**

My topic is a gap identified in the existing literature and thus will add tremendously to the knowledge by adding more information not discussed in the journal.

- a. ² How does your particular topic fit into the larger context of what has already been done?**

The effects of nurses' shift of their cognitive abilities fit in the information presented because they all revolve around nurses' welfare and wellness.

b. What do you anticipate your study will add to the field?

While sleep plays a vital role in nurses' cognitive abilities, my study will add to the benefits of allowing nurses to work on more productive shifts, hence improving both their wellness and quality care delivery.

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