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RESEARCH LITERACY FOR HEALTH PRACTICE

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ABSTRACT
General health services play an important role in improving people's welfare by preventing diseases, promoting healthy lifestyles, and ensuring that everyone has access to basic healthcare. They help to suppress epidemics by implementing vaccine, education, and monitoring programmes. Public health services seek to reduce health disparities and promote equitable health by addressing socioeconomic variables that influence health status. Furthermore, such services promote economic vitality in a population by cutting medical costs, increasing productivity, and encouraging a healthier labour force. To summarise, public health services are vital for building strong communities and healthy societies.

1.0 INTRODUCTION

Public health professionals are facing different challenges and for managing the challenges the healthcare professionals have to conduct a detailed study. Public health professionals are giving more importance for preventing the disease and it is the duty of the public health professionals to understand the health of the population and implement effective tools for managing the threats. In this research paper, we are critically assessing the two peer-reviewed research articles, one involving quantitative and one involving qualitative research. This paper helps to summarise the implications for the need for public health services.

2.0 TOOL SELECTION

We selected two tools for analysing the article. While analysing the nature of the article we can understand that one qualitative and other one is quantitative. There exists a clear cut difference between both studies. Researchers used entirely different tools for qualitative and quantitative studies. So for analysing both types of studies we used;
PICO Tool
SPICE Tool
We selected PICO for analysing the quantitative article in a detailed way and we selected SPICE tool for analysing the qualitative article. Most of the researchers considered PICO tool as an effective tool for considering the following aspects related to the article;

It helps for understanding the problem or affected population in the study and it also helps for understanding the intervention used by the researchers for reaching the conclusion (Brown 2020, p.496). On the other side, SPICE tool is used for understanding the setting, perspective and intervention used by the researcher and it also helps for comparing the results (Sohi et al 2014,p.30).

3.0 CRITICAL APPRAISAL

We know the fact that it is the duty of the researcher to analyse the different aspects related to the article while conducting the critical appraisal. Now using the tool SPICE and PICO we are going to analyse the two articles in a detailed way.

1. Article -1

Doran, F, Davis, K 2011, 'Factors that influence physical activity for pregnant and postpartum women and implications for primary care', Australian Journal of Primary Health, vol. 17, no. 1, pp. 79-85.

2. Tool used for analysis

PICO Tool

3. Nature of Study

Quantitative

4. Analysis

While analysing the article we can understand that the study mainly focused on understanding the factors that affect pregnant women, if they engaged in physical activity. The article also explains the needs for primary care

required for pregnant women. From the article, we can understand that the researchers tried to focus on the problems and issues faced by pregnant women.

Application of PICO Tool

Problem or Population

While analysing the article we can understand that the researcher selected 72 women for conducting the study and includes the people from the Caucasian population. While analysing the article we can understand that the researcher randomly selected the sample size and the researcher also considered the education level of the 72 women. The sample selected by the researcher for the study is facing serious problems connected with the pregnancy. The researchers also identified that 72 women are different health issues and problems

Intervention

For collecting the information and for completing the study the researchers used the questionnaire method. They developed a survey method for understanding the major issues faced by the target population. We know the fact that for ensuring the quality of the results it is the duty of the researchers to use effective tools and methods. While analysing the article we can understand that the researchers used both primary and secondary data for arriving at a conclusion and it also helped for improving the overall quality of the research results.

The researchers with the help of healthcare professionals used observation and diagnosis as an effective tool for understanding the problem faced by the target population. We know the fact that the researcher can use any method for improving the health condition of the patient. Basically, public health professionals have to be more vigilant and they also have to identify the problems faced by the patients (Davis et al 2011,p.81), especially pregnant women. While analysing the article we can understand that the intervention used by the researcher helped them for identifying the different factors influencing the health of pregnant women.

Comparison

We know the fact that it is the duty of the public health professional to understand the different methods for managing the health issues faced by pregnant women. While analysing the article we can understand that researchers mainly used two main treatment methods that is observation and diagnosis (Davis et al 2011,p.80). While comparing this method with other methods such as detailed analysis or therapy we can understand that in order for providing further treatment we have to focus on the observation and diagnosis. Observation and diagnosis are highly helpful for the researcher for understanding the need for the treatment and it also helps for understanding the various health issues faced by the pregnant women in a detailed way (Brown et al 2010, p.42).

Outcome

Every researcher is conducting the research for reaching a conclusion and they also give more importance to the future application. While analysing the article we can understand that the researchers clearly identified that pregnant women are facing serious issues and especially they are facing the problem related to the sugar content. The researchers also stated that healthcare professionals have to understand the health issues faced by pregnant women and they have to focus on effective methods for managing the issues faced by pregnant women. The researchers clearly stated that pregnant women have to face serious issues before and after the pregnancy and it is the duty of the public healthcare professionals to advise the best treatment or physical activity for managing the issues faced by the target population. From the article, it is clear that during the physical activities the pregnant women are facing different problems and with proper care and by providing personalized strategies we can able to manage the issues.

While analysing all these aspects we can understand that the researchers tried to include most of the treatment methods and measures that are helpful for managing the health issues faced by the target population. On the other side they only considered physical aspect that affects the mindset of the pregnant women, the researchers failed to consider the mental factors that influence the pregnant women (Doran et al 2011,p.79). We know the fact that most of the pregnant women's are facing different mental and physical issues, before and after the pregnancy, therefore we have to consider both aspects while providing treatment methods to the target population (Rollo et al 2017,p.124)

1. Article - 2

Nasir, B, Kisely, S, Hides, L, Ranmuthugala, G, Brennan-Olsen, SL, Nicholson, GC, Gill, NS,Kondalsamy-Chennakesavan, S, Toombs, M 2017, 'An Australian Indigenous community-led suicide intervention skills

training program: community consultation findings', BMC Psychiatry,vol. 17, p. 219 doi.10.1186/s12888-017-1380-5.

2. Tool used for Analysis

SPICE Tool

3. Nature of Study

Qualitative

4. ANALYSIS

Suicide prevention programs are gaining more importance. While analysing the article we can understand that the researcher mainly focused on implementing suicide prevention programs for managing the problems faced by the indigenous communities. Indigenous communities are facing different problems and mental issues. It is the duty of the healthcare workers or the government to implement effective training or treatment measure for managing the mental and physical issues faced by the Indigenous communities. Now we can apply tool SPICE for analysing the various aspects related to the article in a detailed way,

Setting

While analysing the article we can understand that the study is taken place in Queensland and the target population is indigenous communities. Researchers stated that especially among Indigenous youth high rate of suicide is reported and there is a need for understanding the effectiveness of Indigenous community-led suicide intervention skills training program (Nasir et al 2017, p.1). While analysing the article we can understand that the researchers selected the place and target population because the people are facing different healthcare issues and mental issues and they need support from the public healthcare professionals and workers.

Perspective

While analysing the article we can understand that major stakeholders who benefited out of the study are Indigenous community, especially the youth population, from the article it is clear that young population is facing different problems and they are not considering more important for life and they are not using any healthcare services. The need for counselling services are gaining importance and if the government authorities or the public healthcare professionals are giving more importance for understanding the need of the young population it helps for reducing the suicide rate (Grant et al 2016,p.105). The government can be called as the major stakeholder who is benefited out of the study. Study results help the government parties, for understanding various problems faced by the Indigenous community and it also helps for improving the overall productivity of the nation. While analysing the article we can also understand that researchers gained lots of insights from the study and it also helps them for conducting future research and it also helps the other researchers for analysing the various problems faced by the Indigenous community

Intervention

While analysing the article we can understand that researchers used different methods for collecting the data and reaching a conclusion. The researchers mainly used In-depth, semi-structured interviews and focus groups for collecting the primary and secondary information. The researchers also used thematic analysis for understanding the problems faced by the Indigenous community. The researchers also used a counselling method for understanding the social, emotional, cultural and spiritual underpinnings of the community (Hides et al 2017,p.5). Indigenous peoples living in rural and remote locations are facing serious problems and researchers also suggested that the content used for training programs should be effective and it should meet the needs of the target population. We know the fact that Indigenous peoples living in rural and remote locations are facing serious issues, the researchers mainly focused on the young population and they understand that current methods are not effective for reducing the suicide rate

Comparison

While analysing the article we can understand that researchers are giving more importance to person based training programs and activities. The researchers mainly focused on the training programs and they failed to consider the method of family-based counselling. Most of the researchers are giving more importance to family-based counselling, it helps for improving the bond between the family members and it also helps for improving the confidence level of the people. While analysing the article we can understand that researchers also stated while implementing a program or activity we have to consult the community people and it helps for managing the mental and physical issues. Consultation helps for understanding the needs and interest of the community people and it also helps for devising an effective plan for managing the issues faced by the target population

(Nasir et al 2017, p.2). We know the fact that the use of public health professionals can be also called as an effective way of reducing the stress level of the young population

Evaluation
While analysing the various aspects explained by the researchers we can understand that for reducing the suicide rate for improving the health condition of the people in the community the authorities have to implement personal based training programs. For ensuring the success of the program the researchers have to collect feedback from the community people and it also helps for improving the quality of the programs and activities. The researchers also stated that most of the people in the community are facing emotional, social and cultural issues, so while implementing the training programs the authorities also have to consider their social and

Cultural Needs.
While analysing the article we can understand that researchers conducted research for understanding the problems faced by the young population. The researchers used different tools for conducting the study, they also mentioned about the need for including healthcare professionals for managing the problems faced by the community people. On the other side, we can understand that researchers failed to consider the major causes or reasons for the suicide rate. They have to conduct studies on understanding the root causes for reporting the high rate of suicide rate.

4. Ethical Issues
Article -1
While analysing the article we can understand that major ethical issues related to pregnant women are the health needs of the mothers. While implementing different activities and physical activities the researchers have to consider the health needs and mental needs of the target population. During or after the pregnancy the women are facing different health and mental issues while analysing the article we can understand that the researchers failed to focus on that. We have to consider the mental needs of pregnant women while implementing programs and activities. They required mental support more than physical support and it can be done by the family members or the public healthcare professionals. While analysing the article we can understand that researchers also failed to address the personal feelings and emotions of the pregnant women.

Article -2
While analysing the article we can understand that researchers considered social, cultural and emotional aspects that are influencing the target population. It is the duty of the healthcare professionals to preserve life and the government authorities are also responsible for protecting the life of the people. From the article, we can understand that the researchers failed to consider major factors influencing the indigenous community that is lack of proper healthcare services, lack of effective policies for improving the lifestyle of the community people (Mayer 2014, p.21).

5. SUMMARY OF THE APPRAISED PAPERS

Article -1
While analysing the article once we can understand that researchers used various tools for conducting the study and they mainly focused on healthcare problems faced by pregnant women. From the article, it is clear that the researchers mainly focused on the physical aspects that are affecting the target population and they failed to consider the mental issues faced by pregnant women. The research also includes certain limitation, because it is mainly focused on the problems faced by the particular population.

Article - 2
While analysing the article two we can understand that researchers mainly focused on explaining the increasing rate of suicide among indigenous people. The researcher used different methods for collecting the information and they also integrated consultation method for understanding the problems. The research also includes certain, imitations such as the researchers failed to consider the underlying factors influencing the young people in the community and they also failed to provide a different measure for managing the mental issues faced by the target population

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