

# Annotated bibliography example

[Health & Medicine](#)



Annotated bibliography/ Journal club guideline Journal Club Analysis Date:  
9/25/2014

Title and citation of the article

Clinical Assessment Of Dehydration In Older People Admitted To Hospital:  
What Are The Strongest Indicators?

Vivanti, Angela et al. Clinical Assessment Of Dehydration In Older People  
Admitted To Hospital: What Are The Strongest Indicators?. Archives of  
gerontology and geriatrics 47. 3 (2008): 340--355. Print.

Purpose of study/Research question

The purpose of the study was to identify the occurrence of dehydration  
among older individuals and the variations in physiological factors that are  
utilized in assessing dehydration amongst the population of hospitalized  
older adults.

Background. Why is this issue important? Was it previously studied? Briefly  
summarize important facts

The issue is important as dehydration among older adults is resulting in  
deadly diseases such as kidney failure and previously there has been a lack  
of ways to measure dehydration within the population that is being studied.

Study design and methodology(type of trial, randomization, blinding,  
controls, study groups, length of study, etc.)

The study is quantitative in nature and is an observation based study and  
the observations were conducted at two different time periods. Once when  
the sample was first employed and one week later.

Study population: selection and enrollment (age, sex, inclusion/exclusion  
criteria, etc.)

The total sample size was of 43 individuals who aged over 60 and were

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recently admitted in a health care center. Individuals who were forced to be admitted and who had a pacemaker were not made part of the sample size.

Study results/ outcomes

When the patients were first admitted to the healthcare center, they experienced higher level of dehydration. Different physiological factors were considered while identifying hydration levels including: systolic blood pressure levels and dryness of the tongue.

Study strengths and limitations:

Was the sample size adequate, large enough to detect a significant result?

Was Statistical power mentioned?

The study was descriptive in nature and for a descriptive study a sample size of 15 is enough, while the study employed 43 individuals and this means that the sample size was enough. The statistical power of 95% has been mentioned that means that the sample size is adequate for the study.

Was this a good study design? Why?

The study was well designed as it followed all the requirements of a descriptive study such as the requirement of the minimum sample size. The study even contained various factors that were related to the purpose of the study.

If applicable. Was an appropriate method of dietary assessment utilized?

Was randomization adequate?

Yes the randomization was adequate.

Was drop-out rate equal, unequal, or biased? Explain

The dropout rate can be said to be biased as people were excluded who a pacemaker had attached to them.

Were all relevant outcomes reported? Which ones were reported and why?

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The relevant outcomes of the prevalence as well as the measures and factors of measuring dehydration were clearly mentioned. These outcomes were relevant to the purpose of the study and that is why they were reported.

Was the eligibility criteria appropriate? Explain

The study included only patients who aged over 60 which is mostly the benchmark age of older adults in most of the nations. This means that the findings of the study can be generalized in people belonging to other nations and this why the eligibility criteria was appropriate.

Was participants' compliance assessed? Explain

The participants were informed and an approval from them was granted for carrying out the study therefore their compliance was taken into consideration.

Were groups treated equally (the only thing different is the intervention)?

Explain

The only group studied was the patients in the healthcare center and they were provided equal and unbiased treatment.

Were study groups comparable? Explain

The study groups were similar to the study groups of GARU and other researches that are relevant to this research.

Potential for bias?

There was no biasness in the study and those who participated in the study did so in a voluntary manner.

Were at least 80% of participants followed? For how long?

All participants were followed one week after they had been admitted in the healthcare center.

### Conclusion by the author

The older adults were experiencing higher levels of dehydration as compared to the dehydration levels assessed by the hospital. This study helped in identifying parameters that are being considered globally to assess the level of dehydration.

Your thoughts regarding application and impact of the study on nutrition care

The study has provided some new measures of identifying the levels of dehydration among older adults and these measures can be utilized in clinical settings to perform the same analysis. This can help in better care of the patient as nurses should know whether their patients are taking appropriate amount of fluid intake.

### Works Cited

Vivanti, Angela et al. Clinical Assessment Of Dehydration In Older People Admitted To Hospital: What Are The Strongest Indicators?. Archives of gerontology and geriatrics 47. 3 (2008): 340--355. Print.