

# Research paper on weighing the evidence

[Food & Diet](#)



## **Literature review: weighing evidence**

Research is an endeavor carried out in search of knowledge. The harnessing of a curiosity to know. In nursing this would comprise the search for new medical knowledge. In this light therefore it is paramount that the information gathered be as accurate, thorough and representative as possible.

In the case study on the relationship between lifestyle changes, physical activity and diet against hypertension, the researchers did a good job in data sampling as can be observed from their work the inclusion of the diverse variables into consideration during their time of the study signifies in a well thought out and well planned study. In trying to achieve knowledge on the relationship between hyper tension and the various other variables, the study design was created in such a manner as to produce the most objective results. Such as widening the variables scope to include to include age and sex.

I could not single out a weakness in their analysis or conclusion as the researchers utilized all the study types at their disposal with strikingly similar results. The study carried out in Oklahoma was quantitative and random, the study carried out in Canada was also quantitative and random, the study carried out in Portland was a systematic review and meta analysis, while the study conducted in India was a controlled study and qualitative. Each of the methods of study emphasizing on a specific line consideration while producing strikingly similar results. The research was thorough.

The research findings adequately addressed the initial question as to the dependability of hypertension to lifestyle, diet and physical activity. The

findings showed that a change in lifestyle as well in diet is paramount in managing hypertension.

The data collected by the researchers could be interpreted in another way as to suggest that diet and lifestyle choices are a major hindrance in the effective management of hypertension. It can also be deduced that they might be chief triggers of the same.

This research topic would be further understood by way of evaluating the prevalence hypertension in various cadres of life such as rural versus urban setting.

## **References**

Röhrig, Bernd., Prel Jean-Baptist., Blettner Maria.(2009). Study Design in Medical Research. 184-189

Altman DG, Machin D, Bryant TN, Gardner MJ. (2000). Statistics with confidence.

2nd edition Bristol: BMJ Books; 173.