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RESEARCH ARTICLE

EVALUATING THE EFFECTIVENESS OF CLINICAL PHARMACY CONSULTATIONS ON NUTRITION, PHYSICAL ACTIVITY, AND SLEEP IN IMPROVING PATIENT-REPORTED PSYCHIATRIC OUTCOMES FOR INDIVIDUALS WITH MENTAL ILLNESSES.

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Abstract

Study was conducted to critically review a journal article; the article was found to be important in the field of clinical pharmacy consultation studies. Our study has reviewed the article thoroughly starting from the introduction, how the original article introduced the problem, collected necessary data and introduced the related papers and analyzed the study results to get the conclusion. The study is found to produce an important contribution in this area of knowledge and add significant information that allows stakeholders to note the involvement of pharmacists in improving the overall health status of patients. It is a step forward for further future researches focusing on the best pharmaceutical practices for the wellbeing of patients and overall healthoutcomes.

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Introduction:-

Evaluating the Effectiveness of Clinical Pharmacy Consultations on Nutrition, Physical Activity, and Sleep in Improving Patient-Reported Psychiatric Outcomes for Individuals with Mental Illnesses is a journal article that explores the impact consultation services by clinical pharmacists on diet, exercises and sleep can have on patients with mental health problems. In focusing on the psychiatric risk assessment and counselling provided by a pharmacist to these patients, the article presents an argument that proper diet, adequate sleep, and regular exercises can help improve the health condition of mentally ill patients while serving as preventive mechanisms to control their anxiety and depression disorders. In performing the research study, Bingham, Axon, Scovis, and Taylor use retrospective record review of patients while carrying out a pilot program and incorporate the findings with data they collect during two intervention sessions meant to assess the condition of the patients before and after the study period. The initial intervention session involved telephone consultation with the pharmacist carrying out the study during which data related to the physical and mental well-being of the patients was gathered and recorded for future references. The second intervention session was not different from the first only that it occurred later and it aimed at collected same information for analysis and comparison with initial data on the same patients (Bingham, Axon, Scovis, & Taylor, 2018).

In addition to recording health status of the patients during the intervention sessions, the scholars also explored other critical aspects such as psychotropic medications' targeted neurotransmitters. This was performed with the aim of determining the protein essentials for achieving nutritional intake of neurotransmitter precursors. The health condition of the patients was assessed using Duke assessment tool, a 17-item survey instrument that provides scores for physical, anxiety, depression as well as a combination of anxiety and depression conditions. For two weeks, the patients were monitored and the data collected during the final intervention session compared to the initial scores.

During both cases, control measures were placed to ensure the researcher was not biased and data was not altered for any reason. Some data analyzed in the study was collected from the electronic health records of the clinic accessed only by the medical staff working in the facility. The data from follow-up sessions was recorded in an excel spreadsheet with the numerical data analyzed using SPSS to produce t-tests results and in both cases, for control purposes, it was saved in an electronic capture secure web application accessed by a limited number of employees working at the clinic (Bingham, Axon, Scovis, & Taylor, 2018).

Analyzing Research Context

The study recorded a 59% response rate for both the initial and final consultation process where all genders, races, and age groups were represented with most of the patients noted to be aged between 31 and 40 years. The ratio of female participants was higher than that of male participants and so was that of Whites and non-Latino participants compared to Blacks and Latinos. The Duke assessment scores that had been entered in a research data electronic capture secure web application provided results that were used to interpret the impact consultations with pharmacists have on the health conditions of patients suffering from mental disorders. A comparison between the initial data and that collected after two weeks revealed an improvement physically and mentally for the participants following their involvement in the intervention sessions with the pharmacist. Physical scores increased indicating an improvement in lifestyle and feeding habits while anxiety, depression and anxiety-depression scores reduced significantly. Mean score value and p-values were tabled to confirm the assertions and compare the two sets of data that were used to conclude on the results of the study. The mean values for each score highlighted positive changes based on the differences in values for both cases while the p-value confirmed the significant reduction observed in the Duke assessment scores (Bingham, Axon, Scovis, & Taylor, 2018).

Consequently, based on the results of the study, it was clear that consultations led by pharmacists for patients with mental illnesses are critical and valuable in enhancing their physical and mental well-being. A further analysis of the findings also revealed that different groups of patients respond uniquely and based on other external factors (that can be explored in future studies), additional conclusions could be drawn from the study. Case in point, female patients recorded better improvements compared to the men. Since most participants were reported as White and non-Latino, this confirmed that minority groups in US, Blacks and Latinos continue to ignore the need for seeking professional mental health care services a situation that could have further contributed to small changes in their Duke assessment scores compared to their majority counterparts (Bingham, Axon, Scovis, & Taylor, 2018).

Based on the findings discussed in the article, the researchers were able to answer the research questions and meet the objective of the study. The findings had facts and confirmed the significance of utilizing pharmacists and their unique position to help address the health care of the underserved mental patients in the communities located in US. More information was also gathered from further data analysis that could draw a number of conclusions while raising questions that could be explored in future studies. The findings discussed in this article also challenged future scholars to focus on expanding the techniques implemented in this study in order to provide more information that further support the involvement of pharmacists towards providing preventive care for the patients in need of mental health care services (Bingham, Axon, Scovis, & Taylor, 2018).

Evaluating the Article

From the start, Bingham and colleagues (2018) aimed at determining the effectiveness pharmacist's consultation has on diet, physical fitness, and sleep in improving mental health condition of patients using Duke mental health assessment scales over a period of two weeks. The title of the article is precise, clear and direct in stating the subject of the paper. This is further confirmed by the statement of purpose in the abstract that is clearly matched with the one stated in the introduction chapter. The sequence of the statements in the introduction section are coherent and clearly leading to the main purpose of the study.

The study design, sample size, and intervention processes as well as the techniques used to perform the research study are valid for the purpose of exploring the research problem and they provide reliable results for analysis. The methods and techniques employed during data collection and analysis further supported the successful completion of the study while creating room for future duplication of this study. All essential information that can be useful to future scholars to carry out similar studies that can either confirm or refute the conclusions drawn by Bingham et.al are clearly provided. However, while appropriate techniques were used while carrying out the study, the period between the first and final intervention session is short and more information on the average time consumed during consultation session should have been provided to support the findings. The intervention programs are also limited

and future scholars should focus on increasing the period and number of intervention or follow-up sessions to acquire better results (Bingham, Axon, Scovis, & Taylor, 2018).

The article has additional shortcomings as only one figure and two tables have been presented in the article to describe the content. They are self-explanatory, clear and concise with the information described therein. However, more should have been presented to support the conclusions described later in the chapter that follows. Further, the authors of the article should have been more concise in providing the results as the text interpreting the findings of the study is a bit mixed up and more focused on further data analysis of aspects outside the main objective of the study. Summarized tables or charts exploring the arguments that various groups such as Whites and non-Latinos recorded greater changes compared to Blacks and Latinos should have also been presented at the end of the result chapter to complete the text presented. This current presentation results in discrepancy between the results text and the second table confusing the reader and making it hard for them to understand the figures presented (Bingham, Axon, Scovis, & Taylor, 2018).

Data calculations seem correct and clear in the two tables presented but more information could have been presented in these tables to confirm the accuracy of the values. Overall, these results help meet the objective of the study while raising critical observations that could be addressed in future research projects or used to complement the study via presentation of additional tables. The interpretation of the results in the discussion section is clear and sheds light into the findings presented in the results chapter. The discussion chapter further addresses the flaws of the study and justifies the results presented with facts and logical explanations. In recommending areas of focus for future scholars, Bingham et al (2018) highlight the significance of this study and how future scholars can complement the findings already presented. The authors however do not support the interpretations in this case with other research studies earlier cited in the article.

Nevertheless, the abstract is accurate in summarizing the article and based on the structure of the article, all details are well organized in the appropriate headings and subheading following a logical formula that makes it easy for the reader to follow and understand the content. As a result, there are no stylistic concerns and the author of the article is careful to explain their contribution, the funding process, acknowledge contributions by other scholars while affirming the absence of any conflict of interest (Bingham, Axon, Scovis, & Taylor, 2018).

Conclusion:-

Since it has only been a month since the article was published, reviews are yet to come in with regards to the significance of the research. Further, other scholars are yet to support or refute the findings presented in this article. Records from Pharmacy journal confirm that this article is yet to be cited in any other publication. However, based on the arguments and interpretations by Bingham et al, this article makes a significant contribution to the human knowledge and the research produces significant information that allows stakeholders to note the involvement of pharmacists in improving the overall health status of patients with mental disorders by focusing on nutrition, exercises, and sleep. The results in this article have a significant impact in the medical field as the concept can be integrated into accredited pharmacy education programs-a process that would result in production of pharmacists prepared to play their role towards serving patients with mental conditions using preventative mechanisms.

References:-

Bingham, J., Axon, D., Scovis, N., & Taylor, A. (2018). Evaluating the Effectiveness of Clinical Pharmacy Consultations on Nutrition, Physical Activity, and Sleep in Improving Patient-Reported Psychiatric Outcomes for Individuals with Mental Illnesses. *Pharmacy*, 7(2); 2-11; doi:10.3390/pharmacy7010002 .