Firelands Regional Medical Center School of Nursing
Psychiatric Evidence-Based Journal Debriefing Presentation

Evidence-Based Journal Presentation Guidelines

- Choose an evidence-based journal article in an area of interest related to **mental health.** Does not need to be nursing-focused.
  Evidence-based components of the article must include the following:
  1. Introduction- this may include why this topic is important, statistics as to why this is a problem, or something to grab the reader's attention. This information will be summarized from the background or introduction section of the article.
  2. Purpose- this statement gives the reader a specific and concise understanding of the article and goals.
  3. Method- summarize the methods section of the article including the participants, research design, and how the experiment/research was completed.
  4. Results- summarize the results section of the article. Tables or charts may be included if appropriate.
  5. Conclusion- include the key points of this research and any recommendations for nursing.

Turn in this paperwork with the article to your clinical instructor (this must be typed; handwritten submissions will not be accepted).

Refer to back side for further instructions.

Name: Zachary Grosswiler_____   Date: 06/14/24

Evidence-Based Article Title, Authors, Journal Title, Year, & Issue (in APA format):

Lahti, A. C., Wang, D., Pei, H., Baker, S., & Narayan, V. A. (2021). Clinical Utility of Wearable Sensors and Patient-Reported Surveys in Patients With Schizophrenia: Noninterventional, Observational Study. JMIR mental health, 8(8), e26234. https://doi.org/10.2196/26234

What were the objectives of the article?

The objectives of the article were to investigate the feasibility of using wearables/technology to help identify symptoms that may exacerbate or cause relapse schizophrenia in patients, such as sleep patterns.

Summary of the article: (Attach the article).

Schizophrenia can be preceded by biological alterations that may serve as warning signs, but in order to form a way to consistently self-report these warning signs, things like wearable and streamlined technology should be utilized.

The purpose of the article is to conduct a study which demonstrates the possibility of using wearables to detect relapse or monitor schizophrenic patients.

The study was a non-interventional, observational, exploratory clinical study that consisted of 40 patients. Patients were observed for relapse for 4 months (and an additional 30 day post-study safety period) and were considered to have been in relapse if they rated a "severe" on any item in the positive scale in the Positive and Negative Syndrome scale, or 2 or more items on the negative scale, also if any change in antipsychotic medication dosage or type occurred due to symptom exacerbation. Patients underwent training for operating the devices, and understood that the data would simply be sent to providers.

31 patients completed the study, of which 3 experienced relapse. Most of the assessed symptoms of the devices were stable throughout the study, and the assessed symptoms' related metrics showed strong correlation to the Positive and Negative Syndrome scale and the Brief Psychiatric Rating scale. High patient compliance was observed.

How will the information in this article change your nursing practice?

The information in this article could change the nursing practice by way of introducing more technology into the field on the patient side, a greater focus on monitoring and self-reporting symptoms and metrics (possible warning signs, even outside of mental health problems like schizophrenia) could have a positive impact on outcomes and follows the primary care philosophy of using early detection and prevention.