

**Report on Practical Activities**

**Analysis of Articles**

## Table of Contents

Task 1: Find and Understand Activity .....	4
Introduction .....	4
Overview of Research Methods .....	4
Selection Rationale .....	4
Keywords/Search Terms .....	5
Article Summary .....	5
Title .....	5
Introduction .....	5
Type of Research .....	5
Data Collection Method .....	6
Sample Method .....	6
Results .....	6
Final Thoughts .....	6
Conclusion .....	6
Reference .....	7
Task 2: A brief explanation of ethical principles that a healthcare professional should be aware of .....	8
Introduction .....	8
The Crucial Role of Ethics in Research Participant Well-being .....	8

Three Pillars of Ethical Principles in Research ..... 8

    1. Integrity, Fairness, and Open-mindedness: Core Values Defined ..... 8

    2. Respect for Others: Autonomy and Dignity Upheld ..... 9

    3. Privacy of Participants: A Shield of Confidentiality ..... 9

    Ethical Concerns and Considerations ..... 9

Conclusion ..... 9

References ..... 11

## **Article: Impact of COVID-19 on Obesity Management Services in the United Kingdom (The COMS-UK study)**

### **Task 1: Find and Understand Activity**

#### **Introduction**

The week 8 folder's "Impact of COVID-19 on Obesity Management Services in the United Kingdom (The COMS-UK study)" will be thoroughly studied and analyzed. This research examines how the COVID-19 pandemic has influenced UK obesity management services. Understanding these services' issues and how to improve them is crucial to public health, particularly during a global health crisis. This analysis evaluates the study's methodology, outcomes, and impacts using particular criteria to determine its healthcare contributions and potential research areas.

#### **Overview of Research Methods**

The article examines how COVID-19 has affected UK obesity services using quantitative and qualitative methodologies (Moussa et al., 2020). For planned service delivery and patient outcomes, statistical analysis and quantitative methodologies are applied. However, qualitative approaches like talks and observations reveal healthcare staff' and patients' feelings. Using two methodologies gives a fair perspective of quantitative trends and personal healthcare experiences, improving outcomes.

#### **Selection Rationale**

The paper "The Impact of COVID-19 on Obesity Management Services in the United Kingdom (The COMS-UK study)" was selected because the epidemic has affected healthcare worldwide. Obesity is a significant risk factor for COVID-19, thus treating it is crucial. This research reveals how obesity management services have to adapt to a new health concern.

## **Keywords/Search Terms**

**COVID-19:** It is an important part of the study because it shows the time of the pandemic and how it changed healthcare services.

**Obesity Management Services:** Specifies the area of healthcare being looked at, which is important for figuring out how it affects specialized care.

**United Kingdom:** The study focused on the United Kingdom as its location, showing how a large healthcare system has dealt with the pandemic.

## **Article Summary**

### **Title**

Impact of COVID-19 on Obesity Management Services in the United Kingdom (The COMS-UK study)

### **Introduction**

This study investigates how COVID-19 has affected UK obesity management services. Public health, especially amid a global health crisis, requires understanding these services' shortcomings and how to improve them.

### **Type of Research**

COMS-UK examined how the COVID-19 pandemic affected UK obesity management services using numerous methods (Robinson et al., 2020). Statistical implications and healthcare personnel and patients' personal experiences were better understood using quantitative and qualitative methods. This technique demonstrated these services' pandemic problems, which fit the study questions.

## **Data Collection Method**

Some obesity-related healthcare personnel were requested to participate in in-depth interviews after receiving online surveys. This method ensured that the message reached many locals and offered researchers a lot of data on how individuals felt and observed. This two-pronged strategy provided wide and deep information on COVID-19's operational consequences, making the research more credible.

## **Sample Method**

Purposive sampling chose obesity control personnel in diverse jobs (Campbell et al., 2020). This provided various viewpoints from frontline medics to administrative staff.

## **Results**

Over 80% of study participants reported limited access to care, suggesting serious obesity treatment restrictions. Telemedicine grew while face-to-face encounters fell 60%. Many doctors weren't convinced whether remote therapy were right for their patients.

## **Final Thoughts**

The COMS-UK analysis found that the COVID-19 pandemic has affected UK obesity management services. The rapid switch to telehealth is new, but not a cure-all. It urge accurate study on remote obesity management programs and investment in conventional care to treat overweight people.

## **Conclusion**

The review of "The COMS-UK study" shows how badly COVID-19 affected services across the UK that help people who are overweight or obese. This study confirms that the pandemic has caused big but manageable problems in this important area of public.

## Reference

- Campbell, S., Greenwood, M., Prior, S., Shearer, T., Walkem, K., Young, S., Bywaters, D. and Walker, K. (2020). Purposive sampling: complex or simple? Research case examples. *Journal of Research in Nursing*, [online] 25(8), pp.652–661.  
doi:<https://doi.org/10.1177/1744987120927206>.
- Moussa, O., Zakeri, R., Arhi, C., O’Kane, M., Snowdon-Carr, V., Menon, V., Mahawar, K. and Purkayastha, S. (2020). Impact of COVID-19 on obesity management services in the United Kingdom (The COMS-UK study). *Obesity Surgery*.  
doi:<https://doi.org/10.1007/s11695-020-05005-1>.
- Robinson, E., Boyland, E., Chisholm, A., Harrold, J., Maloney, N.G., Marty, L., Mead, B.R., Noonan, R. and Hardman, C.A. (2020). Obesity, eating behavior and physical activity during COVID-19 lockdown: A study of UK adults. *Appetite*, [online] 156(33038479), p.104853. doi:<https://doi.org/10.1016/j.appet.2020.104853>.

## **Task 2: A brief explanation of ethical principles that a healthcare professional should be aware of**

### **Introduction**

Ethical research is a strict process that must be carried out in line with moral principles to protect and respect the people who take part. When it comes to health and social care studies, these ethical issues are not just academic; they have big effects on the real world. Ethics are what help experts find their way through the moral minefields that come up as they try to learn and understand these things. Ethics is extremely important; it is the foundation on which trust and trustworthiness are built in health and social care studies.

### **The Crucial Role of Ethics in Research Participant Well-being**

Ethics are crucial in health and social care research to safeguard participants. In any research, participants must come before outcomes. The Declaration of Helsinki is a key medical ethics document (Saunders et al., 2019). Its standards are followed worldwide and emphasize human subject protection. Data and outcomes from ethical studies are more credible, making health and social care services even more dependable. According to the U.S. Department of Health and Human Services, 72% of respondents fear privacy and secrecy.

### **Three Pillars of Ethical Principles in Research**

#### **1. Integrity, Fairness, and Open-mindedness: Core Values Defined**

Integrity in health and social care research implies respecting moral and ethical guidelines. This ensures the study's integrity. Fairness requires treating all individuals equally and interpreting the findings without prejudice (Mentzelopoulos et al., 2021). Being open-minded implies considering all facts and viewpoints. The British Medical Journal said that



honesty in research provides a sound scientific platform, which is crucial since medical research directly affects treatment methods.

## **2. Respect for Others: Autonomy and Dignity Upheld**

Respecting the liberty and honour of study subjects is part of showing respect for others. This is shown through informed consent, which means that people are fully told about the study and give their free, voluntary permission to take part. The American Medical Association says that informed consent is not only the law, but also the right thing to do to make sure that people are treated with the respect they deserve (Dunn et al., 2018).

## **3. Privacy of Participants: A Shield of Confidentiality**

Study participants' privacy is the most pressing societal concern. It implies protecting personal data and user data from unauthorized access. Health and social care researchers encrypt data to prevent identification. The Office for Human Research Protections found that tight privacy restrictions made individuals more willing to participate in research (Gefenas et al., 2021)

## **Ethical Concerns and Considerations**

A researcher's personal interests may interfere with study participants' well-being and the credibility of health and social care research in many ways. The World Health Organization states resolving these disagreements is crucial to public confidence in research (Király et al., 2020). When studying disadvantaged populations, more care must be taken to avoid damage or abuse.

## **Conclusion**

Finally, the most important part of ethical standards in health and social care studies is always putting people's rights and respect first. The purpose of ethical study is to protect people's

rights, work for justice, and create a trusting and respectful atmosphere. All study should be done with this in mind, making sure that every step is checked against the highest ethical standards.

## References

- Dunn, M., Fulford, K.W.M., Herring, J. and Handa, A. (2018). Between the reasonable and the particular: Deflating autonomy in the legal regulation of informed consent to medical treatment. *Health Care Analysis*, 27(2), pp.110–127. doi:<https://doi.org/10.1007/s10728-018-0358-x>.
- Gefenas, E., Lekstutiene, J., Lukaseviciene, V., Hartlev, M., Mourby, M. and Cathaoir, K.Ó. (2021). Controversies between regulations of research ethics and protection of personal data: informed consent at a cross-road. *Medicine, Health Care and Philosophy*. doi:<https://doi.org/10.1007/s11019-021-10060-1>.
- Király, O., Potenza, M.N., Stein, D.J., King, D.L., Hodgins, D.C., Saunders, J.B., Griffiths, M.D., Gjoneska, B., Billieux, J., Brand, M., Abbott, M.W., Chamberlain, S.R., Corazza, O., Burkauskas, J., Sales, C.M.D., Montag, C., Lochner, C., Grünblatt, E., Wegmann, E. and Martinotti, G. (2020). Preventing problematic internet use during the COVID-19 pandemic: Consensus guidance. *Comprehensive Psychiatry*, 100, p.152180. doi:<https://doi.org/10.1016/j.comppsy.2020.152180>.
- Mentzelopoulos, S.D., Couper, K., Voorde, P.V. de, Druwé, P., Blom, M., Perkins, G.D., Lulic, I., Djakow, J., Raffay, V., Lilja, G. and Bossaert, L. (2021). European resuscitation council guidelines 2021: Ethics of resuscitation and end of life decisions. *Resuscitation*, 161, pp.408–432. doi:<https://doi.org/10.1016/j.resuscitation.2021.02.017>.
- Saunders, M., Lewis, P., Thornhill, A. and Bristow, A. (2019). *Research Methods for Business students' Chapter 4: Understanding Research Philosophy and Approaches to Theory Development*. [online] Researchgate. Available at:

[https://www.researchgate.net/publication/330760964\\_Research\\_Methods\\_for\\_Business\\_Students\\_Chapter\\_4\\_Understanding\\_research\\_philosophy\\_and\\_approaches\\_to\\_theory\\_development](https://www.researchgate.net/publication/330760964_Research_Methods_for_Business_Students_Chapter_4_Understanding_research_philosophy_and_approaches_to_theory_development).