

Annotated Bibliography of a Peer-Reviewed Journal Article



Reference

Qin, N., Jiang, G., Zhang, X., Sun, D. and Liu, M. (2021) 'The Effect of Nutrition Intervention with Oral Nutritional Supplements on Ovarian Cancer Patients Undergoing Chemotherapy'. *Frontiers in Nutrition*, 8. doi:10.3389/fnut.2021.685967.

Annotation

In this article, the authors scrutinised the effect of nutrition intervention with oral nutritional supplements on chemotherapeutic ovarian cancer patients. A single-blinded randomized controlled trial was carried out to study the intervention's impact. The investigation is relevant as ovarian cancer is under a higher incidence of malnutrition. It is the third most prevalent gynaecological malignancy worldwide. Chemotherapy for ovarian cancer induces side effects, exacerbating malnutrition. Qin et al. reveal that oral nutritional supplements are linked with favourable effects on chemotherapy patients. Malnutrition-related outcomes are improved with the intervention. Nutrition screening and assessment improve the quality of life of cancer patients.

One of the main strengths of the article is that a randomized controlled trial study design is employed. It is a high-level strong evidence, increasing the validity of the results. The use of the blinding approach enhances the article's reliability by preventing bias in assessment. The choice of a small sample size, only 60 participants is a limitation of this article. It may have influenced the chance of perceiving the intervention's true effect. A single study centre and a small sample size may limit the findings by introducing bias. However, the authors were unable to ensure double-blinding which may have led to an overestimated effect.