PICO Worksheet

Clinical Question:
_____________________________________________________________________________________
_____________________________________________________________________________________
Example: Is constraint-induced movement therapy an effective treatment for stroke patients suffering from upper limb paresis?

1. Identify the key elements of your question using the PICO format:

   P = Patient/Problem  \rightarrow  ___________________________________________
   I = Intervention  \rightarrow  ____________________________________________
   C = Comparison (may not have one)  \rightarrow  ___________________________________________
   O = Outcome  \rightarrow  ___________________________________________

2. List the main terms and alternative terms (synonyms) from your PICO that can be used for your search: (use subject headings – e.g., MeSH Terms or CINAHL Headings – when possible)

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<th>P</th>
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<td>synonym</td>
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3. List any potential search limits – gender, age level, publication date range, language, etc.:

4. Which databases do you plan to search?

5. As you search, keep in mind Sackett’s levels of evidence:

   - Systematic reviews/meta-analyses of randomized control trials (RCTs)
   - Individual RCTs with narrow confidence intervals
   - Systematic reviews of cohort studies
   - Individual cohort studies & low-quality RCTs
   - Systematic Reviews of case control studies
   - Case-controlled studies
   - Case series & poor-quality cohort & case-control studies