

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 → _____
- I = Intervention → _____
- C = Comparison (may not have one) → _____
- O = Outcome → _____

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)

P	I	C	O
synonyms	synonyms	synonyms	synonyms

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