Using the chart below, define your question using PICO: Population, Intervention, Comparison, and Outcome & list some terms for your evidence search.

<table>
<thead>
<tr>
<th>PICO MODEL</th>
<th>Search Terms</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a framework used to formulate effective clinical questions)</td>
<td>(Note: think about alternate terms, truncation, spelling)</td>
</tr>
<tr>
<td><strong>Patient Population</strong> (age, gender, ethnicity, with certain disorder)</td>
<td>e.g. Urinary incontinence</td>
</tr>
<tr>
<td><strong>Intervention</strong> (exposure to disease, risk behaviour)</td>
<td>e.g. pelvic floor exercise</td>
</tr>
<tr>
<td><strong>Comparison</strong> (No disease, placebo or no intervention, absence of risk factor)</td>
<td></td>
</tr>
<tr>
<td><strong>Outcome</strong> (risk of disease, rate of occurrence of adverse outcome)</td>
<td></td>
</tr>
</tbody>
</table>

Write out your question: ________________________________

(E.g. In female patients with urinary incontinence, are pelvic floor exercises an effective therapy?)

Question templates to consider:

Intervention: In___________, what is the effect of __________ on __________ compared with ________?  
Prevention: For __________ does the use of_______ reduce the future risk of ________ compared with_______?  
Etiology: Are________who have __________at__________ risk for/of__________ compared with__________?  
Qualitative: How do__________diagnosed with__________perceive __________?  


Types of publications to consider (see illustration on back):
— Clinical Practice Guidelines (Summaries) — Systematic Review/Meta-Analysis (Syntheses)  
— Critically Appraised Research Studies (Synopses) — Single Research Studies (Studies)  

Resources/databases to consider:
— RNAO Best Practice Guidelines (Summaries) — Evidence Based Journals (e.g. EBN) (Synopses)  
— CMA Guidelines (Summaries) — Cochrane (Syntheses)  
— National Guidelines Clearinghouse (Summaries) — PubMed Clinical Queries (Syntheses)  
— DARE (Synopses) — CINAHL (Single Studies & Syntheses)  
— ACP Journal Club (Synopses) — Medline (Single Studies & Syntheses)  

Note: CINAHL & Medline are databases, where EBSCO and OVID are the platforms/search engines

If searching for original studies, what ‘quality filters’ could apply to your search? (filter chart on back)

Other limits to consider:
— Peer Reviewed — Date of publication — Age — Language

Keep in mind that there may not be a publication that exactly answers your question. If no one has studied or published research results on your topic, you may need to infer from research on similar or related topics.
### Examples of QUALITY FILTERS in CINAHL & Medline for finding high quality studies

<table>
<thead>
<tr>
<th>Question Type</th>
<th>Publication Type</th>
<th>Subject Heading</th>
<th>Subheading</th>
<th>Text Word</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Causation/ Etiology</strong></td>
<td>Research</td>
<td>• Risk Factors&lt;br&gt; • Risk Assessment</td>
<td>• Etiology&lt;br&gt; • Adverse effects&lt;br&gt; • Poisoning&lt;br&gt; • Chemically Induced</td>
<td>• Risk*&lt;br&gt; • Etiol* or aetiol*</td>
</tr>
<tr>
<td></td>
<td></td>
<td>N/A</td>
<td>Same as above</td>
<td>Same as above</td>
</tr>
<tr>
<td><strong>Therapy/ Prevention</strong></td>
<td>Clinical Trial&lt;br&gt; Systematic Review&lt;br&gt; Research</td>
<td>• Systematic Review&lt;br&gt; • Clinical Trials</td>
<td>• Therapeutic use&lt;br&gt; • Therapy&lt;br&gt; • Prevention &amp; control</td>
<td>• Random*&lt;br&gt; • Placebo*</td>
</tr>
<tr>
<td></td>
<td>Randomized Controlled Trial&lt;br&gt; Clinical Trial</td>
<td>• Double Blind Method&lt;br&gt; • Placebos</td>
<td>Same as above</td>
<td>Same as above</td>
</tr>
<tr>
<td><strong>Qualitative</strong></td>
<td>N/A</td>
<td>• Qualitative Studies&lt;br&gt; • Life Experience</td>
<td>N/A</td>
<td>• Lived experience</td>
</tr>
<tr>
<td></td>
<td></td>
<td>N/A</td>
<td>N/A</td>
<td></td>
</tr>
</tbody>
</table>


### Other Quality Filters available in the Limits options in CINAHL
- Research (this is almost always a good limit to select when searching for research articles)
- Evidence Based Practice
- Clinical Queries – select based on question type – e.g. Therapy – High sensitivity
- Special Interest Groups – select Evidence Based Practice

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