Working PICOT Questions

Why use PICOT?

Before:
I will find research that supports delayed progression of multiple sclerosis as found through MRIs over the course of ten years in diagnosed Canadian women between age 20 and 50 with Calcium and Vitamin D supplementation versus without.

After: clarity & a question
In Canadian women with multiple sclerosis between ages 20 to 50 (P), how does supplementation with calcium & vitamin D (I) affect MS lesion loads detected by MRI (O) over a 10 year period (T)?

Is it a real question?

In Type 1 diabetics who have been diagnosed for over 10 years (P), how does daily insulin therapy (I), compared with no insulin therapy (C), affect mortality (O) over a 1 year period (T)?
→ Not a real question

vs

In pregnant women who are giving birth (P), does taking epidural anaesthesia (I) compared to women who decide do not to take epidural anaesthesia (C) affect the amount of pain experienced (O) within their labour period (T)?
→ Possibly?... or maybe measure a different O utcome?
What is the population I?

- In infants under 18 months old (P), how does immunization (I), compared with non-immunization (C), affect child mortality rates (O) within the span of five years (T)?

  vs:

- In children from 2 months to 5 years old (P), how does full routine immunization in the first 18 months (I) compared with non-immunization (C), affect rates of mortality (O)?

What is the population II?

- In newborns (P), how does being breast fed (I) compared with not being breast fed (C) affect their immunity (O) within their first year (T)?

  vs:

- In one year old infants (P), how does being breast fed for the first 6 months (I) compared with not being breast fed (C) affect their immunity (O) within their first year (T)?

Population age and setting

- In elderly men and women who are at risk for falls (P), how does the use of hip protectors (I) help in reducing hip fractures during a fall, compared to those who do not wear one (C), affect the incidence of fractures (O) within a year (T)?

  vs:

- In adults over age 65 years living in residential care who are at risk for falls (P), how does the use of hip protectors (I) compared to those who do not wear one (C), affect the incidence of fractures (O) within a year (T)?

Population – more specificity

- In athletes with physical injuries (P), how does land based rehabilitation exercises (I) compared with water based rehabilitation exercises (C) affect the speed of recovery (O) over 3 months (T)?

  vs:

- In marathon runners with knee injuries (P), how do land-based rehabilitation exercises (I) compared with water-based rehabilitation exercises (C) affect the speed of recovery (O) over 3 months (T)?

P and I – more specificity

- In older adults at risk of osteoporosis, does the use of supplementation compared to supplementation combined with exercise improve bone density in a year’s time?

  vs:

- In independent-living adults over age 65 years at risk of osteoporosis, how does calcium supplementation combined with exercise (I) compared to calcium supplementation only (C) affect bone density (O) over a one year period (T)?

Interesting scenario, needs preliminary lit search?

- In residents in long term care facilities, how does communicating with the resident about current events compared to about the resident’s past life influence their cognitive ability over the time they spend in the facility?

  vs:

- In residents over 65 years in long term care facilities (P), how does staff communicating with the resident about current events (I) compared to about the resident’s past life (C) affect cognitive ability (O) over a one year period (T)?