

PICO Worksheet

1. Define your question using PICO (Population, Intervention, Comparison, and Outcome):

P	Population	How would you describe your patient or group?	
I	Intervention	What is the main intervention, exposure or factor you are studying?	
C	Comparison	What is the main alternative to the intervention?	
O	Outcome	What are you trying to measure, improve or affect?	

2. Using the 4 PICO components, write out your one sentence clinical question:

3. List the main topics, key words and MeSH terms from your question that you can use to search:

4. List any terms to limit and/or focus your search:

5. Check any databases you searched:

Cochrane Library Ovid
 PubMed or PubMed4HH Google Scholar
 EMBASE Others: _____

6. What is the general answer to your question? Should ideally come from the highest level of evidence. Primary sources with the highest level of evidence include systematic reviews, meta-analyses and randomized controlled trials.
