

# PICO Worksheet and Search Strategy

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

Population: elderly or aged

Intervention: bedsores, pressure ulcers

Comparison: None

Outcome: reduction in incidence and severity of bed sores

2. Write out your question: What interventions reduce the incidence and severity of bed sores in residents of aged care facilities?

3. List the main topics and terms from your question that you can use to search.

bed sores

aged people

pressure ulcers

elderly

4. Check any limit that may pertain to your search:

X Age \_\_\_ Language \_\_\_ Year of publication

5. Type of study/publication you want to include in your search: (From Step 2 of tutorial)

X Systematic Review or Meta-Analysis  
 X Clinical Practice Guidelines  
 X Critically Appraised Research Studies

X Individual Research Studies  
 \_\_\_ Electronic Textbooks

6. Check the databases you searched:

X Cochrane Library  
 X Joanna Briggs

X CINAHL with Full Text  
 \_\_\_ PubMed Clinical Queries

7. What information did you find to help answer your question?

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