

## PICO Worksheet and Search Strategy

1. What are you trying to find information about? (Summarise the scenario / case study question)

A nurse in aged care home has a lot of patients who get bed sores because they are in bed all, or most of the day. Is there any way to stop them getting bedsores as often? And how can they be treated so that they don't keep getting worse?

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

<b>P</b>	aged care residents
<b>I</b>	(any)
<b>C</b>	(none)
<b>O</b>	reduction in incidence and severity of bedsores

3. Write out your question:

Which interventions reduce the incidence and severity of bed sores in residents of aged care facilities?

4. List the main words/phrases from your question that you can use to search. Try to think of some alternatives.

Terms from my question	Alternative words I can use for searching
aged care residents	aged care, nursing home, aged, elderly, geriatric
bed sores	bedsores, pressure sores, pressure ulcers, decubitus ulcers
reduction	reduce, reducing, lessen, decrease, minimise, minimize, prevent, improve

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

- Age
- Database subject headings / MeSH
- Year of publication
- Geographical location
- Language

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

- Systematic Review or Meta-Analysis
- Clinical Practice Guidelines
- Critically Appraised Research Studies
- Individual Research Studies
- Electronic Textbooks

7. Check the databases you searched:

- CINAHL Complete
- Cochrane Library
- PubMed
- Joanna Briggs

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

Topics from the articles included:

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wound care education, improved communication (between staff), regular repositioning of

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patients, improved skin care, pressure reduction, diet therapy, medicated ointments / creams,

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heel elevation, sheepskin ...

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