

The *PICO* Model

<i>PICO</i>	Ask yourself:
<u>P</u>opulation (patient/condition)	<p>How would you describe a group of patients similar to yours?</p> <p>What are the most important characteristics of the patient?</p> <p>This may include the primary problem, disease, or co-existing conditions.</p> <p>Sometimes the sex, age or race of a patient might be relevant to the diagnosis or treatment of a disease.</p>
<u>I</u>ntervention (drug, procedure, diagnostic test, exposure)	<p>Which main intervention, prognostic factor, or exposure are you considering?</p> <p>What do you want to do for the patient? Prescribe a drug?</p> <p>Order a test? Order surgery?</p> <p>What factor may influence the prognosis of the patient? Age? Co-existing problems?</p> <p>What was the patient exposed to? Asbestos? Cigarette smoke?</p>
<u>C</u>omparison	<p>What is the main alternative to compare with the intervention?</p> <p>Are you trying to decide between two drugs, a drug and no medication or placebo, or two diagnostic tests?</p> <p>Your clinical question does not always need a specific comparison.</p>
<u>O</u>utcome	<p>What can you hope to accomplish, measure, improve or affect?</p> <p>What are you trying to do for the patient? Relieve or eliminate the symptoms?</p> <p>Reduce the number of adverse events? Improve function or test scores?</p>