Framing Questions with PICO

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PICO is the formula for designing research questions for evidence-based practices. This systematic approach helps to seek clinical information about any medical condition in the course of intervention or therapy. Both quantitative and qualitative research methods involve framing questions based on the PICO system. In the article, authors have addressed a problem and studied it by developing PICOT based questions and literature for patient safety and clinical expertise. (Stillwell, Fineout-Overholt, Melnyk, & Williamson, 2010).

**Question:** What ways can be more effective for treating Ischemic attack patients by reducing stroke rate, myocardial infarction and fatality in around 90 days by the usage of Aspirin of Ticagrelor?

**Independent Variable:** The medication Aspirin and Ticagrelor are the independent variables in this quantitative analysis.

**Dependent Variable:** The incidence of stroke, myocardial infarction, and mortality are the dependent variables.

**Level of Evidence:** As this study is quantitative and a cohort of patients was inducted for research, the level of evidence is quite higher. The validity can be dependent on internal and external factors.

**Internal Validity:** A few questions about expectations from the study and its impact on results, variance, the validity of the experiment setup and statistical regression determine the internal validity of a study.

**External Validity:** External validity of a study is determined by variations among the subject and treatment, pretesting and probability of intervention.

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| **INTERVENTION**  In the ischemic stroke parents (P), how does the Aspirin usage (I) compared to the Ticagrelor usage (C), affect the stroke rate, myocardial infarction, or mortality (O) over 90 days (T)? |
| **ETIOLOGY**  Is the ischemic stroke patient (P), who has Aspirin (I) been compared with other patients with Ticagrelor (C) at risk of the stroke rate, myocardial infarction, or mortality (O) over 90 days (T)? |
| **DIAGNOSIS OR DIAGNOSTIC TEST**  In the ischemic stroke patient (P) is Aspirin (I) compared with Ticagrelor (C) more accurate in diagnosing stroke rate, myocardial infarction, or mortality (O)? |
| **PROGNOSIS/PREDICTION**  In the ischemic stroke patient (P), how does Aspirin (I) compared to Ticagrelor (C) influence stroke rate, myocardial infarction, or mortality (O) over 90 days (T)? |
| **MEANING**  How does ischemic stroke patient (P) with Aspirin (I) perceive Ticagrelor (C) over 90 days (T)? |

With the estimation of the disease prevalence, several healthcare practices have started implementing a different strategy in the course of interventions and treatment therapies for the patients. PICO question helps establish an effective way for the identification of components of a clinical condition. These complex, evidence-based practices allowed easing the efforts and pressure on the acute care providing teams towards patients. This efficient practice nurtures the basics for more research work in this field and the advancement of evidence-based and patient-centered practices for the provision of better treatment and care. It also helps to establish a comparative study among different variables and their mode of action over a specific period. PICOT gives remarkable assistance in establishing evidence-based research studies. It allows the development of thoughts by placing information in an aspect of the order, which can be explored and assist future studies. This study is a part of the series and its purpose is to provide nurses with the necessary knowledge and skills needed for the implementation of evidence-based practice step by step. When this practice is conducted in the context of providing care and support within an organizational setting, the quality of care eventually becomes better and the highest patient outcomes can be achieved.

**References**

Stillwell, S. B., Fineout-Overholt, E., Melnyk, B. M., & Williamson, K. M. (2010). Evidence-based practice, step by step: Asking the clinical question: A key step in evidence-based practice. *AJN The American Journal of Nursing*, *110*(3), 58–61.