PICOT Question

Student’s Name

Institution

Date

# Background

There are several cases reported by paramedic department. Most of the patients who fall sick call for 911 for medical attention. It is therefore, important to identify the intervention techniques, which could be used to solve the medical problem faced by the community. However, it is noted that the best way to solve the problem is regular exercise to prevent fall. This paper, therefore, analyzes the medical case study and establishes the PICOT question suitable for the study. It also illustrates the rationale for using the same word.

1. **Generate a PICOT question, including a rationale for each part**

The PICOT question for the case is “Are exercise and transportation of patients to the hospital is the best strategy to address the problem of falling injury related to falling down due to lack of exercise” the question is of practice based project. As stated by McAllen, Stephens, Swanson-Bieaman, Kerr and Whiteman (2018) PICOT format consists of researchable questions, which can be used to provide efficient answer. It is because it is evidence based since it relates to patient injuries and involvement of other stakeholders to address. The evidence based is used to solve the problem so that it delivers healthcare provision. It is addressed using practical studies which include exercise, such as swimming pool, pave walking and therefore, the solution required evidence based solution. The question is used to establish change in clinical practice, which is being studied. In the case study, the clinical practice is the investigation on the kind of treatment, which should be provided to patients with injuries.

The question is chosen because it looks into a population and a specific age bracket of people who have been falling and therefore, need urgent medication. It covers also the intervention, which is exercise and medication and therefore, the question is therefore, related to practice based. Time is also needed to solve the problem. The intervention method applied also observable and it takes time to solve the healthcare problem. The problem could be address through regular exercise and therefore, it is an evidence intervention technique. It also include the variable of interest to solve the problem identified and this make the question to be an practical project, which can be solve through evidence based practice. The word exercise is used because it is one of the intervention technique needed to solve the problem of injuries being experienced by the community.

1. **Explaining why the words you chose are the best to drive the literature search**

The word are used in the PICOT question are important because they provide the best way to conduct the study. They can be used for intervention, comparison to provide the best outcome. The words, which ar used are exercise, injury, hospital, problem and falling. These key words are for intervention and research to ensure that efficient medication it provided to the patient. It is also because every word can be used for intervention to achieve a good outcome. It provides the best description the on the way the participants can be observed.

1. Listing other words you considered but rejected and why this was done

However, other words that can be used to in this study and were not considered were correlation, and variable to check the impact of intervention based on the age factor. Since the problem of injury affect community and mostly affect the old and middle age in the society. It would be advisable to use the correlation, and variable to help in the establishment the relation and the impact of the kind of intervention being applied by the group of nurse.

# References

J.Otto Lottes Health Science Library. (2018). Evidence Based Nursing Practice. *https://libraryguides.missouri.edu/c.php?g=28271&p=174073* , 2-374.

McAllen, E. R., Stephens, K., Swanson-Biearman, B., Kerr, K., & Whiteman, K. (2018). Moving Shift Report to the Bedside: An Evidence-Based Quality Improvement Project. *the online Journal of Issuing Nursing* , 2-14.