

1. Define your question using PICOT: (your question will help establish your search strategy)

P → **Patient/Problem** → _____
I → **Intervention/Issue** → _____
C → **Comparison** → _____
O → **Outcome** → _____
T → **Time Period** (optional) → _____

Write out your question: _____

2. Type of question: ☐ Therapy/Prevention ☐ Diagnosis ☐ Etiology ☐ Prognosis ☐ QI ☐ Other

3. Type of study or methodology of choice: (keeping in mind the evidence hierarchy)

<input type="checkbox"/> Systematic Review	<input type="checkbox"/> Meta analysis	<input type="checkbox"/> Randomized Controlled Trial
<input type="checkbox"/> Cohort Study	<input type="checkbox"/> Case Control Study	<input type="checkbox"/> Cross Sectional Study
<input type="checkbox"/> Case Report / Case Series	<input type="checkbox"/> Editorials, Letters, Opinions	<input type="checkbox"/> Animal Research / In Vitro

4. List the main topics and any alternative terms (synonyms) from your PICOT that could be used for your search strategy: (keywords/subject headings)

P (_____ OR _____
_____ OR _____) AND

I (_____ OR _____
_____ OR _____) AND

C (_____ OR _____) AND

O (_____ OR _____)

List any specific criteria to include (e.g. gender, age group, study type, language):

List any exclusion criteria or irrelevant terms (e.g. age group, comorbid diseases):

5. List the databases you plan to search: (e.g. PubMed, Cochrane, CINAHL, PsycINFO)