

P – Population
I – Intervention
C – Comparator
O – Outcome
T – Time



Conduct **PICOT** Analysis

Design a Clinical Question

What do I want to know?

1

What am I going to do with this patient?



(helpful links [here](#) & [here](#))



2

Search for the best evidence

Free databases

Other Resources

Examples:

[JOSPT](#)
[Musculoskeletal Science & Practice](#)



3

What does the research evidence say?

Critical Appraisal ([CASP](#))

Assess strengths & weaknesses of all selected resources

[How to interpret](#) a scientific article

4

Integrate clinical expertise & patient values

Shared decision making with the patient

Integrate evidence into management strategies

5

Implement into Practice

Was the outcome achieved?
If not, explore why

Evaluate Patient Outcomes



Example:
[PubMed Central](#)

