

The Well-Built, Patient-Oriented Clinical Question

EXAMPLE

Question Components	Your Question
<p>P – Patient or Population</p> <p>Describe the most important characteristics of the patient. (e.g., age, disease/condition, gender)</p>	<i>Veteran with PTSD</i>
<p>I – Intervention; Prognostic Factor; Exposure</p> <p>Describe the main intervention. (e.g., drug or other treatment, diagnostic/screening test)</p>	<i>Eye movement desensitization and reprocessing (EMDR)</i>
<p>C – Comparison (if appropriate)</p> <p>Describe the main alternative being considered. (e.g., placebo, standard therapy, no treatment, the gold standard)</p>	<i>Cognitive-behavioral therapy (CBT)</i>
<p>O – Outcome</p> <p>Describe what you're trying to accomplish, measure, improve, affect. (e.g., reduced mortality or morbidity, improved memory, accurate and timely diagnosis)</p>	<i>Decrease in PTSD symptoms</i>
<p>The well-built clinical question: <i>In a veteran with PTSD, would treatment with EMDR, compared with cognitive-behavioral therapy, decrease PTSD symptoms?</i></p>	

Type of Question	Ideal Type of Study
<input checked="" type="checkbox"/> Therapy	RCT
<input type="checkbox"/> Prevention	RCT > Cohort Study > Case Control
<input type="checkbox"/> Diagnosis	Prospective, blind controlled trial comparison to gold standard
<input type="checkbox"/> Prognosis	Cohort Study > Case Control > Case Series/Case Report
<input type="checkbox"/> Etiology/Harm	RCT > Cohort Study > Case Control
<input type="checkbox"/> Cost analysis	economic analysis
<p>Note: Meta-analyses and systematic reviews, when available, often provide the best answers to clinical questions.</p>	

Search Strategy Development

	Primary search term	Synonym 1	Synonym 2
P	<i>Post-traumatic stress disorder; Veteran</i>	<i>PTSD; War</i>	
I	<i>Eye movement desensitization and reprocessing</i>	<i>EMDR</i>	
C	<i>Cognitive behavioral therapy</i>	<i>CBT</i>	
O			