

PICO Assignment

What is PICO?

Population – This is a specific reference to a population and their characteristics. Inclusion or exclusion should be based on a clear, scientific justification rather than based on biased reasoning.

Intervention – The intervention should be described in detail, if possible. Think about the comparator while defining the intervention.

Comparison – Is the alternative form of treatment or care that will be compared to the intervention.

Outcome – Is the desired effect or outcome from using the intervention or the comparison.

1. Write a Clinical Scenario.

You have just seen Lydia, who recently delivered a healthy baby. She plans to breastfeed, but also wants to start oral contraception. You generally prefer to prescribe combination oral contraceptives (estrogen + progesterone) but you have been told that these might more negatively affect her breast milk production than progesterone only pills.

2. Deconstruct the Scenario into PICO format:

Population	Intervention	Comparator	Outcome
Breastfeeding Mom desiring Contraception	Combined Contraceptives (Progesterone and Estrogen)	Progesterone Only Contraception	Maternal satisfaction with infant satiety or milk flow

3. A good place to start your search is the databases available through library website: <http://lib.tcu.edu>

What are some databases you can look in, what are some of the search terms you can use, and what are some of the limits that can be used to search? (List at least 4)

Example of limits: Date limits, Full Text Only, Scholarly (Peer Reviewed) Journals

Databases	Search Terms	Limits
ProQuest	Breastfeeding	NOT Cancer
Nursing Collection II	Oral Contraceptive*	Peer Reviewed
Medline	Estrogen	(SU) Subject: breastfeeding
Academic Search	Progesterone	Date Range: Last 5 years

Use the Databases, Search Terms, and Limits to perform a search

4. How many articles did you find in 4 of these databases? Do you need to add more limits or search terms?

5. At the end of the class you will present your group results list to the rest of the class using RefWorks. Pick only the articles that your group feels they would use in that paper.