

PICOT Worksheet – Week 3

Name:

Date:

Your Instructor's Name:

Purpose: To identify a problem or concern that nursing can change and develop a PICOT question to guide the change project.

Directions: Use the form below to complete the Week 3 Assignment PICOT Evidence Worksheet. This includes filling in the table with information about your research question and your PICOT elements and the second part is filling in the Evidence Worksheet.

Step 1: Select the key PICO terms for searching the evidence. Clearly define your PICOT question. List each element P (problem, population, or problem), I (intervention), C (Comparison with other treatment/current practice), and O (Desired outcome), T (Time Frame). Is the potential solution something for which you (as nurse or student) can find a solution through evidence research? Look in your book for guidelines to developing your PICOT question and also read the required articles.

Step 2: Identify the problem. What have you noticed in your work or school environment that isn't achieving the desired patient or learning outcomes? What needs to change in nursing, what can you change with the support of evidence in the literature? Describe the problem or practice issue that you want to research. What is your practice area; clinical, education, or administration? (This is NOT where you will list your PICOT question)

Step 3: How was the practice issues identified? How did you come to know this was a problem in your clinical practice? Review the listed concerns and check all that apply.

Step 4: Identifies and documents four sources of evidence. What evidence must be gathered? What sources of reliable information will be helpful for your particular question? Describes rationale for all checked types of evidence.

Step 5: What terms will you use in order to make sure that your search is wide enough to obtain required information but narrow enough to keep it focused? How will you narrow your search if needed?

PICOT Question

What is the PICOT question?

In adults over the age of 65 with Alzheimer's Disease (P), how does nonpharmacological therapy (I) compare with those with no form of therapy (C) reduce behavioral and psychiatric symptoms of dementia (BPSD) (O) over the course of 30 days?

Define each element of the question below:

P- (Patient, population, or problem): adults over the age of 65 with Alzheimer's Disease

I- (Intervention): nonpharmacological therapy (exercise, musical therapy, art therapy)

C- (Comparison with other treatment/current practice): no form of therapy

O- (Desired outcome): reduce behavioral and psychiatric symptoms of dementia (BPSD)

T- (Time Frame): 30 days

What is the practice issue/problem? What is the scope of the issue? What is the need for change?

Alzheimer's Disease (AD) has a huge prevalence in our society today and the numbers affected are growing exponentially. Many patient's in the hospital suffer from some form of Dementia, many of them Alzheimer's. Agitation and anxiety are two of the many symptoms of AD and they are not being dealt with as effectively as possible. In order to provide patient's with the utmost care, the healthcare system should be doing everything it can to alleviate this agitation and anxiety, as well as educating the families of those affected on strategies they can employ to do the same at home.

What is the practice area?

(check all that apply)

Clinical

Education

Administration

Other

How was the practice issue identified?

(check all that apply)

Safety/risk management concerns

Unsatisfactory patient outcomes

Wide variations in practice

Significant financial concerns

Difference between hospital and community practice

Clinical practice issue is a concern

Procedure or process is a time waster

Clinical practice issue has no scientific base

Other:

What evidence must be gathered? (Identifies and documents four sources of evidence. Describes rationale for all checked types of evidence)

I would search the following four areas to look for evidence regarding recent research on care of agitated patients using the search terms below. I would check for recent guidelines regarding art, music, and pet therapy. What are other facilities using in the community? Is there any information on the patient/family satisfaction surveys that show patient preferences? Are there any state/medical regulatory standards regarding these therapies?

- | | |
|---|---|
| <input checked="" type="checkbox"/> Literature search | <input type="checkbox"/> Clinical Expertise |
| <input checked="" type="checkbox"/> Guidelines | <input type="checkbox"/> Financial Analysis |
| <input type="checkbox"/> Expert Opinion | <input checked="" type="checkbox"/> Standards (Regulatory, professional, community) |
| <input checked="" type="checkbox"/> Patient Preferences | <input type="checkbox"/> Other |

Search terms/How to narrow the search?

Alzheimer's Disease, Dementia, therapy, nonpharmacological, art therapy, music therapy, exercise, psychiatric, agitation, anxiety, BPSD

Use of multiple databases, keeping a list of key words used, using quotation marks to keep words together as a phrase, filtering for peer reviewed or scholarly journal articles, narrowing results by filtering for the last five years.