Ask Clinical Questions

**PICO** is an evidence-based framework for asking health-related research questions to determine effective interventions or treatments for a specific population.

Watch the Ask Clinical Questions video: https://youtu.be/V1UTI0uWLsU

Then, answer the following questions based on the patient interview in the video:

**Patient Problem / Population** What is the problem? How else would you describe the patient?

**Intervention** What intervention does the patient want to try?

**Comparison** What are comparative or alternative interventions for the patient’s problem?

**Outcomes** What are the desired outcomes?

**Using the four component, write a PICO question:**
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For instructors: Assign the video and questions as homework or watch the video in class and discuss the PICO elements together.

**Patient Problem / Population** What is the problem? How else would you describe the patient?

| obesity, type II diabetes, male, age 65+, White/Caucasian |

**Intervention** What intervention does the patient want to try?

| stomach stapling or gastric bypass surgery |

**Comparison** What are comparative or alternative interventions for the patient’s problem?

| standard medical care or no surgery |

**Outcomes** What are the desired outcomes?

| remission of diabetes, weight loss, longer life expectancy |

Using the four component, write a PICO question:

Example: In patients with obesity and type II diabetes, is gastric bypass surgery more effective than standard medical care at increasing the probability of remission of diabetes?

**Discussion Questions:**

- The patient population is typically anyone with the same the disease or co-existing condition, but sometimes the gender, age, class, sexual orientation and/or race of a patient are also key components. **What are some examples of populations that may be disproportionately affected by a health problem?**
- In a clinical setting, it’s important to listen a patient’s experience. The patient in the video has already tried eating healthier and exercising but still hasn’t achieved the desired outcome. **How might suggesting “more diet and exercise” as the primary intervention for this patient be harmful?**
- Some research questions can be answered with a yes or a no, while others might be opened-ended, using words like how, why, and in what way. **Why might it be important to ask open-ended research questions?**