A WEBSITE TO FACILITATE THE PRACTICE OF EVIDENCE BASED
PHYSICAL THERAPY
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Introduction

BACKGROUND: A PICO question is utilized by physical therapists to ask a clinically relevant question pertaining to the effectiveness of physical therapy treatment. The question is asked in such a way that the topic can be methodically searched and answered in the physical therapy literature. The components of the PICO question include:

P - identifying a patient problem treated by physical therapists
I - choosing an intervention used to address the patient’s problem
C - choosing a comparison intervention that might also be used to address the patient’s problem (this may be no treatment)
O - identifying outcomes (O) used by physical therapists to determine if the patient’s problem is changing.

A number of search engines such as PEDro and Hooked on Evidence, designed to facilitate the practice of evidence based physical therapy, are available to provide the information required to answer a PICO question. The process of gathering research articles, reading and interpreting the articles to answer a PICO question can be time consuming. This process also requires a familiarity with sophisticated search techniques and research article critiquing methods. The time and knowledge requirements may make asking and researching PICO questions impractical for busy practicing physical therapists.

The PTPICO.com website makes evidence-supported answers to PICO questions easily accessible to practicing physical therapists.

PURPOSE: The purpose of this project was to create a website (PTPICO.com) to list PICO questions answered by physical therapy students; post the answers to those PICO questions; and outline the evidence supporting the answers.

The Website

PTPICO.com Home Page
About PICOs: Explains what PICO questions are
Links: To websites of interest
About Us
Contact Us
Click the “Find a PICO” icon to find a PICO question of interest

Future Features

Sample of PICO questions addressed

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Example of a PICO question answered

Future Features

• “Ask a PICO Question” – will let clinicians enter PICO questions they want answered
• “Search for PICO Question by Problem and Intervention”
• “Update” – will identify date of most recent update of PICO question’s answer