

## PICO Worksheet for Mr. Baker's Case

Define your PICO Components (**OUTCOME MUST MATCH THE PROBLEM**).

Your question should be used to help establish your search strategy

1. Problem: erosive tooth wear
2. Intervention: sodium fluoride + potassium nitrate toothpaste (Sensodyne Pronamel®)
3. Comparison: stannous fluoride toothpaste (Crest Pro-Health)
4. Outcome: more effective in preventing erosive tooth wear

5. Write out your question using the formula. (**USE PICO COMPONENTS**).

For a patient with erosive tooth wear, will sodium fluoride + potassium nitrate toothpaste (Sensodyne Pronamel®), as compared to stannous fluoride toothpaste (Crest Pro-Health), be more effective in preventing erosive tooth wear?

6. Identify the Type of question. Circle one:

**Therapy/Prevention**

Diagnosis

Etiology/Causation/Harm,

Prognosis

7. Identify the type of study to include in your search.

- |  |   |   |
|--|---|---|
| <input checked="" type="checkbox"/> Meta-Analysis  | <input checked="" type="checkbox"/> Systematic Review   | <input checked="" type="checkbox"/> Randomized Controlled Trial |
| <input checked="" type="checkbox"/> Clinical Trial | <input checked="" type="checkbox"/> Practice Guidelines | <input type="checkbox"/> Case series or Case Report             |
| <input type="checkbox"/> Cohort Study              | <input type="checkbox"/> Case Control Study             | <input type="checkbox"/> Literature Review                      |
| <input type="checkbox"/> Other: _____              |   |   |

8. List the main topics and alternative terms from your PICO question that can be used for your search.

Erosive tooth wear, tooth erosion, tooth wear,

tooth attrition, tooth abrasion

Sodium fluoride + potassium nitrate toothpaste

Stannous fluoride toothpaste/dentifrice

Sensodyne Pronamel© dentifrice

Crest Pro-Health toothpaste

9. List inclusion criteria – e.g., gender, age, year of publication

List irrelevant terms

Competitive swimmer

Sodium fluoride (FL) toothpaste, FL mouthrinses

Vegetarian

Sensitivity or hypersensitivity, FL varnish, gels

\_\_\_\_\_

Crest sodium FL or MFP toothpaste,

\_\_\_\_\_

Sensodyne toothpaste, dental caries

10. List where you plan to search, e.g., MEDLINE, PubMed, Cochrane Database, Trip, Other:

PubMed, Trip, ADA Center for EBD and Cochrane database