Consolidation task

1. Practise identifying which of the PICO elements are missing and then re-develop a structured answerable clinical question using the missing component

    i. How do you treat acute plantar heel pain?

    ii. In older women with osteoporosis, does a balance training programme reduce falls risk?

    iii. Does resistance training reduce metabolic risk?

    iv. Is a nutrition and physical activity program beneficial in palliative cancer patients?

    v. Is mirror therapy effective in people with trans-tibial amputation?

2. Practise developing structured clinical questions using the PICO elements from the case studies below

    i. A patient presents to your clinic with acute lower back pain and has been referred from their GP who said that they should just rest. You were taught differently and are not sure about the best evidence. Design a question to address this issue

    ii. You have a patient who has had a stroke. They are doing well with acute inpatient physiotherapy and you have suggested that they go to inpatient rehabilitation. The patient is adamant that they want to go home and the family can assist with the rehabilitation with support from outpatient physiotherapy. You want the patient to improve the most they can so want to review the evidence. What question can you ask?

    iii. You have been referred a patient who has had a laparotomy. The patient is mobilising independently on the ward and in their plan the doctors have documented for incentive spirometry. You think that the patient doesn’t need incentive spirometry as you have assessed their chest and they are mobilising. You want to do the best for the patient so you consult the evidence. What question could you ask?

Answers:

1.

i. P, I, C missing
In people with acute plantar heel pain, does calcaneal taping reduce pain more than plantar fascia stretching?

ii. C missing
In older women with osteoporosis, does a balance training programme reduce fall risk compared to aerobic exercise?

iii. P, C missing
In older people with diabetes, does resistance training reduce metabolic risk compared to no training?

iv. C, O missing
In palliative cancer patients, does a nutrition and physical activity program increase quality of life compared to usual care?

v. C, O missing
In people with trans-tibial amputation, does mirror therapy reduce phantom limb pain compared to tactile therapy?

2.

i. In patients with acute low back pain does advice to stay active improve pain compared to bed rest?
[Patient = adults with acute low back pain, Intervention = bed rest, Comparative intervention = advice to stay active, Outcome = pain]

ii. In patients who have had a stroke can home-based rehabilitation be as effective as hospital-based rehabilitation to improve the patient's ability to perform self-care activities?
[Patient = People who have had a stroke, Intervention = home-based rehabilitation, Comparative intervention = hospital-based rehabilitation, Outcome = ability to perform self-care activities]

iii. In adults post upper abdominal surgery, does the addition of incentive spirometry to mobilisation reduce post-operative complications more than mobilisation alone?
[Patient = adults post upper abdominal surgery, Intervention = Incentive spirometry and mobilisation, Comparative intervention = mobilisation, Outcome = post-operative pulmonary complications]