1. Define your question using PICO:

   P → Patient/Problem → ____________________________

   I → Intervention → ____________________________

   C → Comparison → ____________________________

   O → Outcome → ____________________________

2. Type of scenario:
   - ✓ Therapy/prevention
   - ✓ Diagnosis
   - ✓ Etiology
   - ✓ Prognosis
   - ✓ Other

3. Type of study: (keep in mind the evidence hierarchy)
   - ✓ Meta analysis
   - ✓ Systematic review
   - ✓ Randomized Controlled Trial
   - ✓ Cohort Study
   - ✓ Case Control Study
   - ✓ Case Series/Report
   - ✓ Cross Section Study
   - ✓ Editorials, Opinions

4. List the main terms and alternative terms (synonyms) from your PICO that can be used for your search: (use controlled vocabulary, e.g. MeSH, if possible)

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5. List any inclusion criteria – gender, age level, publication dates, language:

   __________________________________________________________

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6. List the EBM resources databases you plan to search:
   (MEDLINE, CINAHL, Cochrane, PEDro, PsycInfo, etc.)

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