



Formulating answerable questions

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Questions from practice



- Consider 'your practice' as one full of decisions about many aspects of occupational health and safety
- Evidence can be used to inform your decision making
- Other factors that play a role: **values** and **expertise**
- Questions that could arise:
 - How should the government prevent occupational hearing loss?
 - Which medicine should I give to this patient with migraine?
 - What should I advise about healthy food in this company canteen?

Turn your questions into answerable questions



- Define questions in real world terms that can be specified and measured
 - Does introduction of legislation reduce average noise levels in a jurisdiction?
 - In patients with migraine, does paracetamol reduce the duration of the attack compared to placebo?
 - Does a low-carbohydrate diet reduce the risk of cardiovascular diseases more than a low-calorie diet?

Answerable Question Format: PICO



- All study designs have a comparative format:
 - What is the effect of {intervention} on {health outcome}?
 - Does exposure to {risk factor} cause {health outcome}?
 - Does presence of {prognostic factor} lead to {health outcome}?
 - Does {test} accurately ascertain {disease feature}?
- Format of answerable question: PICO
 - P Participants
 - I Intervention
 - C Comparison
 - O Outcome
 - (S study design)
 - In practice: I vs C for O in P (ICOP)

Answerable Questions?

- Is ergonomics good for Repetitive Strain Injury?
- Does reducing exposure to flour help for asthma?
- Will less lifting lead to less back pain in nurses?



All Cochrane titles in PICO?



- Antibiotics for leptospirosis
- Interventions to reduce risky sexual behaviour for preventing HIV infection in workers in occupational settings
- Cognitive rehabilitation for occupational outcomes after traumatic brain injury
- Interventions to enhance return-to-work for cancer patients
- Non-pharmacological interventions for preventing venous insufficiency in a standing worker population
- Blunt versus sharp suture needles for preventing percutaneous exposure incidents in surgical staff