**PICOT Question and Literature Search**

The first step of the evidence-based practice process is to evaluate a nursing practice environment to identify a nursing problem in the clinical area. When a nursing problem is discovered, the nurse researcher develops a clinical guiding question to address that nursing practice problem.

For this assignment:

* You will create a clinical guiding question know as a PICOT question. The PICOT question must be relevant to a nursing practice problem.
* **To support your PICOT question, identify six supporting peer-reviewed research articles, as indicated below.**
* The PICOT question and six peer-reviewed research articles you choose will be utilized for subsequent assignments. **(This is important because there will be three assignments that piggyback off of this one)**

**Use the "Literature Evaluation Table" to complete this assignment. (This will be in the attachments)**

1. Select a nursing practice problem of interest to use as the focus of your research. Start with the patient population and identify a clinical problem or issue that arises from the patient population. In 200–250 words, provide a summary of the clinical issue.
2. Following the PICOT format, write a PICOT question in your selected nursing practice problem area of interest. The PICOT question should be applicable to your proposed capstone project (the project students must complete during their final course in the RN-BSN program of study).

* I provided this at the bottom of the page. Feel free to modify as you see fit.

1. The PICOT question will provide a framework for your capstone project.
2. Conduct a literature search to locate six research articles focused on your selected nursing practice problem of interest.

* This literature search should **include three quantitative** and **three qualitative peer-reviewed research articles** to support your nursing practice problem. **(Important)**

Note**: To assist in your search, remove the words qualitative and quantitative and include words that narrow or broaden your main topic.**

* For example: Search for diabetes and pediatric and dialysis. To determine what research design was used in the articles the search produced, review the abstract and the methods section of the article. The author will provide a description of data collection using qualitative or quantitative methods.
* Systematic Reviews, Literature Reviews, and Metanalysis articles are good resources and provide a strong level of evidence **but are not considered primary research articles.**  Therefore, they should not be included in this assignment.

While APA style is not required for the body of this assignment, solid academic writing is expected, and documentation of sources should be presented using APA formatting guidelines, which can be found in the APA Style Guide, located in the Student Success Center.

This assignment uses a rubric. Please review the rubric prior to beginning the assignment to become familiar with the expectations for successful completion.

**This Video will help provide insight on PICOT Questions:**

[**https://www.youtube.com/watch?v=D3IS1cV-tLQ**](https://www.youtube.com/watch?v=D3IS1cV-tLQ)

**Two Articles to help explain PICOT Questions:**

* [**https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3140151/**](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3140151/)
* [**https://journals.lww.com/nursing/Citation/2014/02000/To\_make\_your\_case,\_start\_with\_a\_PICOT\_question.7.aspx**](https://journals.lww.com/nursing/Citation/2014/02000/To_make_your_case,_start_with_a_PICOT_question.7.aspx)

**The PICOT question I chose…. feel free to modify**

**PICOT QUESTION:**

How do African Americans with newly diagnosed type 2 diabetes perceive barriers to implementing dietary and lifestyle changes to reduce A1C levels in the first 3 months after diagnosis?

**P**-(Population)- African Americans newly diagnosed for type 2 diabetes

**I**-(Intervention)- Implement dietary and lifestyle changes

**C**- (Comparison)- A1C levels before and after lifestyle and dietary modifications

**O**- (Outcome)- Reduction of A1C levels

**T**-(Time)-3 months after initial diagnosis