

## **1. PICOT Question – Pressure Ulcers (Wound Care)**

**P:** Hospitalized immobile adult patients

**I:** Use of pressure-relieving mattresses

**C:** Standard hospital mattresses

**O:** Reduction in pressure ulcer incidence

**T:** Within 2 weeks of hospital stay

**PICOT Question:** In immobile adult patients in the hospital, does the use of pressure-relieving mattresses, compared to standard hospital mattresses, reduce the incidence of pressure ulcers within two weeks?

## **2. PICOT Question – Catheter-Associated UTIs (Infection Control)**

**P:** Elderly patients with indwelling catheters

**I:** Daily perineal care using antiseptic solution

**C:** Routine soap-and-water cleaning

**O:** Reduced rates of catheter-associated urinary tract infections (CAUTIs)

**T:** During hospital stay

**PICOT Question:** In elderly patients with indwelling catheters, does daily perineal care with antiseptic solution compared to routine soap-and-water cleaning reduce the incidence of CAUTIs during hospitalization?

## **3. PICOT Question – Diabetes Management (Community Health)**

**P:** Adults with type 2 diabetes

**I:** Nurse-led telehealth education sessions

**C:** Standard in-person diabetic education

**O:** Improved glycemic control (HbA1c levels)

**T:** Over 6 months

**PICOT Question:** In adults with type 2 diabetes, do nurse-led telehealth education sessions, compared to standard in-person diabetic education, lead to better glycemic control over six months?

## **4. PICOT Question – Fall Prevention (Geriatric Care)**

**P:** Elderly patients in nursing homes

**I:** Implementation of hourly rounding by nursing staff

**C:** Standard care without structured rounding

**O:** Reduction in fall rates

**T:** Over 3 months

**PICOT Question:** In elderly patients living in nursing homes, does hourly rounding by nurses compared to standard care reduce fall rates over three months?

## **5. PICOT Question – Pain Management (Postoperative Nursing)**

**P:** Postoperative orthopedic surgery patients

**I:** Use of non-opioid analgesics and guided imagery

**C:** Opioid-only pain management

**O:** Pain reduction measured by numeric rating scale

**T:** First 48 hours post-surgery

**PICOT Question:** In patients recovering from orthopedic surgery, does a combination of non-opioid analgesics and guided imagery, compared to opioid-only therapy, result in greater pain reduction in the first 48 hours post-surgery?

## **6. PICOT Question – Mental Health (Adolescent Depression)**

**P:** Adolescents with diagnosed depression

**I:** Weekly group cognitive behavioral therapy (CBT)

**C:** Individual therapy sessions

**O:** Reduction in depressive symptoms

**T:** After 8 weeks of therapy

**PICOT Question:** In adolescents with depression, does weekly group CBT compared to individual therapy lead to greater reduction in depressive symptoms after eight weeks?

## **7. PICOT Question – Breastfeeding Support (Maternal-Child Nursing)**

**P:** First-time breastfeeding mothers

**I:** Lactation consultant support within 24 hours postpartum

**C:** Routine postpartum care without early lactation support

**O:** Breastfeeding success at 6 weeks

**T:** Within 6 weeks postpartum

**PICOT Question:** In first-time breastfeeding mothers, does receiving lactation consultant support within 24 hours postpartum compared to routine care improve breastfeeding success at six weeks?

## **8. PICOT Question – Hand Hygiene Compliance (Infection Control)**

**P:** ICU nurses

**I:** Use of motion-sensor reminders at hand hygiene stations

**C:** No reminders

**O:** Increase in hand hygiene compliance rates

**T:** Over 4 weeks

**PICOT Question:** Among ICU nurses, does the use of motion-sensor hand hygiene reminders compared to no reminders increase compliance rates over a four-week period?

## **9. PICOT Question – Smoking Cessation (Public Health Nursing)**

**P:** Pregnant women who smoke

**I:** Text message-based cessation support

**C:** No mobile-based support

**O:** Smoking cessation success

**T:** During pregnancy (9 months)

**PICOT Question:** In pregnant women who smoke, does receiving text message-based cessation support compared to no mobile support increase smoking cessation success during pregnancy?

## **10. PICOT Question – Medication Errors (Nursing Practice)**

**P:** Nurses administering medications in hospital wards

**I:** Use of barcode medication administration (BCMA) systems

**C:** Traditional paper-based medication administration

**O:** Reduction in medication errors

**T:** Over 3 months

**PICOT Question:** In hospital ward nurses, does the use of BCMA systems compared to traditional paper-based methods reduce medication errors over three months?

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