**Population, Intervention, Comparison, Outcome**

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Busi 619: Qualoty Assessment and Evidence Based Decision Making

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**Population, Intervention, Comparison, Outcome (PICO) Template**

**PICO Search Strategy**

Define your question using **PICO** (Population, Intervention, Comparison, and Outcome).

Population: People living with chronic illnesses

Intervention: Healthy diet

Comparison: Physical therapy

Outcome: Manage their symptoms

**Write out your question.**

Does a healthy diet for people with chronic illnesses help manage their symptoms, or is physical therapy a better alternative?

**List the main topics and terms from your question that you can use to search.**

1. Healthy diet
2. Healthy diet for people with chronic illnesses
3. Physical therapy for people with chronic illnesses

**Place an X next to the type of study/publication you want to include in your search. Select all that apply.**

\_X\_ Systematic Review or Meta-Analysis

\_X\_ Clinical Practice Guidelines

\_X\_ Critically Appraised Research Studies

\_\_ Individual Research Studies

**Place an X next to the databases you searched. Select all that apply. You can add databases if the database is not listed.**

\_X\_ EBSCO

\_X\_ ProQuest

\_\_ CINAHL with Full Text

\_X\_ Others such as JSTOR, PubMed, and IEEE Xplore

Thoughts on how the topic is linked to evidenced-based practice and include Biblical integration. Reference citations, as appropriate using current APA format.

The topic of a healthy diet for people with chronic illnesses is linked to evidence-based practice because research on this topic is based on the existing scientific evidence. The definition of a healthy diet is based on what other researchers have found in their previous research studies. For instance, the World Health Organization defined a healthy diet as a diet that prevents any form of malnutrition and maintains and improves health (World Health Organization, 2019). Similarly, the Scripture also advises people about healthy eating. The Bible says, “eat what is good, and delight yourselves in rich food” (King James Bible, Isaiah 55:2). Therefore, maintaining a healthy diet is key to maintaining and improving the health of people with chronic illnesses. However, this statement must be substantiated by linking it to scientific evidence. In nursing and healthcare, evidence-based practice entails utilizing the available research in healthcare delivery (Melnyk & Fineout-Overholt, 2018). Therefore, healthcare providers offer care based on scientific evidence. People with chronic illnesses also need evidence-based care. Chronic illnesses are diverse, and they include cancer, diabetes, and stroke (Petricone-Westwood *et al*., 2019). While a healthy diet is recommended for chronic illness patients, physical therapy may also be an alternative. Physical therapy entails activities that enhance the patient’s physical strength, muscle strength, and aerobic capacity (Mak *et al*., 2017). However, a healthy diet is a better alternative to physical therapy in managing the symptoms of people with chronic illnesses.

References

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