Step 1

http://www.asu.edu

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Step 2

http://lib.asu.edu

Select and click on PubMed from list of Most Used Resources
Step 3

Home Page of PubMed

Page 3
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Searchable PICO question

In the elderly does the use of Tai Chi reduce the future role of falls compared with no intervention?

<table>
<thead>
<tr>
<th>Population</th>
<th>Elderly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intervention</td>
<td>Tai Chi</td>
</tr>
<tr>
<td>Comparison</td>
<td>Intervention vs. no intervention</td>
</tr>
<tr>
<td>Outcome</td>
<td>Reduce falls</td>
</tr>
</tbody>
</table>
Step 4

Enter Keyword or Subject Heading into Search Box and change drop down to MeSH
Click on Blue 'Search Button'
Step 5

Check box in front of ‘aged’ and at the right hand margin in the box click on the ‘Add to Search Builder’ button.
Step 6

Clear the MeSH search box and type in ‘Tai Chi’ and click on the blue ‘Search’ button. Now click on ‘Add to Search Builder’ button.
Step 7
Now you have 2 search terms in the PubMed Search Builder box.
Clear the MeSH search box and type in ‘Falls’ and click on the ‘Search’ Button.
Step 8
Check box in front of ‘Accidental and click on ‘Add to Search Builder’ button in right hand margin.
Step 9

Now you have 3 search terms in the PubMed Search Builder box, click on 'Search PubMed' button.
Step 10

Here are the results of this search strategy:
63 citations.