Constructing a Well-Built Clinical Question (WBCQ)
Clinical Example – Prevention

**Scenario**
Your otherwise healthy 50 year old accountant uncle takes an oral 500mg Vitamin C supplement daily and insists this habit has reduced his incidence of the common cold. You tell him you think this is highly unlikely, and he challenges you to show him the proof. You take up the challenge and start with a clinical question.

**Teaching point**
*Questions of prevention are built similarly to questions of therapy.*

**PICO**

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<thead>
<tr>
<th>P</th>
<th>Adults</th>
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<tbody>
<tr>
<td>I</td>
<td>Oral vitamin C</td>
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<tr>
<td>C</td>
<td>Placebo or no vitamin C</td>
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<tr>
<td>O</td>
<td>Incidence, duration and complications of common cold</td>
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**Clinical Question**
Final clinical question: in adults (without significant co-morbidities), does oral Vitamin C, as compared with placebo (or no Vitamin C), reduce the incidence (duration, severity, complications) of the common cold?

*Questions of prevention are also best answered by the same study types that are useful in questions of therapy.*

**Evidence**
Ideal study type: A meta-analysis of RCTs