1. Develop your search strategy using the PICO concept:

Patient/Problem: Middle aged women suffering migraines
Intervention: Botulinum toxin type A
Comparison: Placebo
Outcome: Decreased migraine frequency

Write out your question:

In middle aged women suffering migraines, is Botulinum toxin type A compared to placebo effective at decreasing migraine frequency?

2. List the main concepts and alternative terms from your question that you can use to search:

<table>
<thead>
<tr>
<th>Women</th>
<th>Migraine</th>
<th>Botulinum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>Migraine</td>
<td>Botulinum toxin type A</td>
</tr>
<tr>
<td>Woman</td>
<td>Migraine disorders</td>
<td>Botulinum toxins</td>
</tr>
<tr>
<td>Female</td>
<td>Migraine headaches</td>
<td>Clostridium botulinum toxins</td>
</tr>
</tbody>
</table>

3. Use Boolean operators to combine your terms:

   Use **OR** to broaden your search
   Use **AND** to narrow your search
   Use **NOT** to exclude terms

Search tips *(Note: Check the search tips within each database because requirements may vary)*

   Use truncation e.g. disorder* for disorder, disorders
   Use wildcards e.g. wom?n for woman or women
   Phrase searching e.g. “migraine headache”
4. Write out your search strategy:

   Botulinum toxin type A OR botulinum toxins OR clostridium botulinum toxins
   AND
   Migraine OR migraine disorder* OR migraine headache
   AND
   Wom?n OR female

5. State your inclusion/exclusion criteria:

6. Check any limit/s that may pertain to your search:

   Age: Middle aged (45 to 64 years)  Language: English
   Year of publication: 2001 -

7. Type of study/publication you want to include in your search:

   e.g. Systematic Review/Meta-Analysis, Randomized Controlled Trial, Cohort study etc.

   Systematic review or Meta-Analysis
   Randomised controlled trials

8. Note the databases you searched:

   Medline (Ovid) - 25 results (with all limits applied)
   Cochrane Library - 1 result (with all limits applied)
   CINAHL with full text – 11 results (year and evidence based practice limits applied only)