1. **SELECT A TOPIC**
   Choose a topic you are genuinely interested in.

2. **RESEARCH TOPIC**
   Search journals and scholarly articles to see what has been done and to narrow your focus.

3. **CONSIDER YOUR AUDIENCE**
   Important to tailor your future work to your specific audience.

4. **FORMULATE YOUR QUESTION**
   Develop your question using PICO format:
   - **Patient or problem:** Population demographics such as age, gender or ethnicity or problem type
   - **Intervention:** Type of intervention being considered or studied
   - **Comparison intervention:** Comparison treatment to be considered
   - **Outcome:** Desired effect you are hypothesizing to see

5. **EVALUATE YOUR QUESTION**
   According to FINER criteria:
   - **Feasibility:** Sufficient resources in terms of time, staff and funding
   - **Interesting**
   - **Novel:** Will yield new findings or extension of previous findings
   - **Ethical:** Follows ethical guidelines and regulatory approval
   - **Relevant:** Influence on future clinical practice

6. **BEGIN YOUR RESEARCH**
   Think about possible paths your research could take.