



## Publisher:

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## Question

Can **protein** intake prevent **femoral neck fractures**?

## Search element / PICO

**Intervention (I):**  
Proteins

**Outcome (O):** Femoral  
neck fracture

**Study Design (S):** Systematic Review

## Search

- Click on the search field at the top and select “Go to Advanced search”
- Place each search item on its own line. Use the plus sign to add a new line, X to delete.
- Put phrases in quotation marks ("systematic review") and truncate with an asterisk \* to search for multiple endings of a word (protein\* will search for protein, but also proteins).
- Search for synonyms for each element – combine them with OR.
- Select where in the reference you want the keyword to hit, for example “All content”.
- Use “Publication date” if you want to limit the search results to relevant publication years.

**Search (I):** protein\*

**Search (O):** femoral neck fracture OR "hip fracture"

**Search (S):** "systematic review" OR "scoping review" OR "systematic literature review"

## A possible answer

Rise, H. O. & Rosendahl-Riise, H. (2019). Protein intake, bone mineral density and risk of hip fracture: a systematic literature review. *Norwegian Journal of Nutrition*, 17(2), 8–17.  
<https://doi.org/10.18261/ntfe.17.2.2>