

Checklist for Writing Case Study

Section I: Initial data gathering/Interview

- Impact of personal biases and medical diagnosis on the interview
- Pattern/connection between the symptoms
- Inferences from the data
- Patient/caregiver knowledge/understanding of their diagnosis and need for PT
- Verification of patient goals and available resources
- Treat vs. refer decision

Section II: Generation of initial hypothesis/PT diagnosis

- Construct a hypothesis
- Rationale and biases behind hypothesis
- Supporting findings from the interview
- Anticipated prognosis
- Impact of the hypothesis on examination strategy
- Approach/strategy of examination
- Impact of environmental factors and diagnostic information on examination

Section III: Examination

- Rationale behind choice of tests & measures (including relevance of measures to patient's goals)
- Role of tests and measures in supporting/negating the hypothesis
- Reporting of psychometrics (including ability to detect clinically meaningful change) in test & measures results
- Impact of other systems (not tested) on patient's problem
- Comparison of examination findings with another patient with similar diagnosis

Section IV: Evaluation

- Rationale behind determination of a diagnosis
- Role of examination findings in supporting/negating initial hypothesis
- Identification of most important/relevant areas to work on (considering patient goals and identified issues)
- Positive/negative impact of factors (including bodily function, cultural, environment and societal) on patient's prognosis
- Considerations regarding behavior, motivation and readiness
- Development of therapeutic relationship
- Capacity for progress towards goals

Section V: Plan of care (POC)

- Incorporation of patient and family goals
- Connection of goals with examination and evaluation (ICF framework)
- Determination of PT prescription/POC (frequency, intensity, length of service)
- Relationship between key elements of PT POC and primary diagnosis
- Impact of patient's environmental and personal factors on POC

Section VI: Interventions

- Overall PT approach (e.g., motor learning, motor control, strengthening)
 - a. How will you modify principles for this patient?
 - b. Are there specific aspects about this particular patient to keep in mind?
 - c. How does your approach relate to theory and current evidence?
 - d. As you designed your intervention plan, how did you select specific strategies?

- Rationale behind choice of interventions
- Relationship between interventions and primary problem areas identified using the ICF
- Criteria for modifying interventions
- Strategies for modifying interventions
- Care coordination and interdisciplinary team communication
 - 1. How will you ensure safety?
 - 2. Patient/caregiver education:
 - 3. What are your overall strategies for teaching?
 - 4. Describe learning styles/barriers and any possible accommodations for the patient and caregiver.
 - 5. How can you ensure understanding and buy-in?
 - 6. What communication strategies (verbal and nonverbal) will be most successful?

Section VII: Reexamination

- Evaluate effectiveness of interventions (also assess need for modification)
- Any new information about the patient/caregiver
- Using ICF, compare progress of this patient with other patients with a similar diagnosis
- What might you do differently? (Reflection on mistakes/errors)
- Change in therapeutic relationship and interaction with patient/caregiver
- Characteristics of patient's progress impacting anticipated goals/prognosis/outcomes?
- Determination and impact of patient's views (satisfaction/frustration) with progress towards goals
- How has PT affected the patient's life?

Section VIII: Outcomes

- Was PT effective or not? Report data (including clinical significance) from the outcome measures
- Criteria used to determine whether the patient has achieved his/her goals
- Criteria used to determine readiness for discharge (home/school/community/work)
- Barriers to discharge (physical, personal, environmental)
- What are the anticipated life-span needs, and what are they based on?
- What might the role of PT be in the future?
- What are the patient's/caregiver's views toward future PT needs?
- How can you and the patient/caregiver partner together for a lifetime plan for wellness?