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?