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WRIGHT Foundation - Cardiac Rehab Phase IV

Case-Study Assessment Instructions



To produce a report based on the client information provided, containing the following:

1. A summary of your client's medical history and current medical status.
Copy completely. Cut and paste not allowed. Cant remove any details but may expand on details provided
2. Details of **any** medication your client may be taking, including the reason for taking the medication, the effect, the potential side effects and the implications for exercise prescription.
Table format, name, side effects, implication to exercise of all medications
3. Provide statements of the appropriate clinical objectives. Each objective must be accompanied by the underlying reason, or multiple reasons, for selection.
Specific to Cardiac but other comorbidities included where specified
4. A twelve-week training/rehab plan including gym-based interventions and others.
As per the 12-week overview template from course and through QR/Link video
5. Justify each intervention by explaining the specific and/or general responses/adaptations to that exercise.
Specific adaptations /responses planned through Modes, Frequency, Time and Intensity
6. Consider all psychological issues you feel are relevant in dealing with your client, in order to effect positive lifestyle change(s), and provide details of which behavioural strategies you feel would be appropriate.
Potential comorbidities, depression, anxiety. Signposting talking therapies, CBT
7. A summary of pre-post physiological measurements with a rationale for each measurement and, where appropriate, a rationale for not taking a specific measurement.
Cardiac specific, comorbidity specific as BP, BF%, nutrition advice, salt reduction etc
8. An information sheet suitable for your lay client (one side A4) giving advice on generally positive lifestyle changes regarding his/her specific condition
Prepared for.....by.....with positive lifestyle changes. Smoking cessation, diet, PAL, etc
9. A plan of how you would engage the help of, or offer your services to, the local NHS/PCT to form a multidisciplinary team in cardiac disease management.
Hub diagram showing signposting, open referral pathways, links, networking, marketing etc

ASSESSMENT AND DEADLINE

ALL sections must be completed and passed in order to achieve an overall pass.

Minimum pass mark is 70%.

You have 12 weeks in which to produce and submit your case study report (from the last day of your course).

Submission deadline:

If you cannot meet this deadline you must contact WRIGHT Foundation. Extensions will be given at the discretion of the office.

If you have any queries about the assessment, please contact the WRIGHT Foundation on :
Tel. 01307 469055 or Email: casestudies@wrightfoundation.com.

FORMATTING/ WORD COUNT REQUIREMENTS

- Font size 12
- Line spacing at 1.5
- WORD COUNT must be a minimum of 4,000 to a maximum of 6,000 words in total
- Pages numbered
- Cover sheet attached - see page 3 for example
- Appropriate references and a references list must be included.
(Referencing style should follow that used in the course manual)

CASE STUDIES which do not comply with these requirements will be returned to the student unmarked.

SUBMISSION OPTIONS

1. EMAIL — THIS IS THE FASTEST OPTION AND IS FREE OF CHARGE

Submit as one Word document (PC-based software) to casestudies@wrightfoundation.com

ENSURE THAT YOUR CASE STUDY IS ATTACHED TO YOUR MESSAGE AS ONE DOCUMENT ONLY.

If you do not receive a receipt email from the office please contact us to make sure your work has been received.

OR

2. POST— Hand written reports are acceptable but will take longer to process we make a £30 charge to cover our administration costs. Please contact the office if you wish to submit by post – 01307 469055
PLEASE KEEP A COPY OF YOUR CASE STUDY FOR YOUR RECORDS. IT IS YOUR RESPONSIBILITY TO ENSURE THAT WE HAVE RECEIVED YOUR CASE STUDY REPORT.

SAMPLE COVER SHEET

Your name:

Course Type:

Course venue:

Course dates:

Lecturer's name: