WRIGHT Foundation – Pulmonary Rehab

**Case-Study Report Instructions**

**Task 4 - Case Study Report (70% must be achieved in each section to receive a pass)**

You will have12 weeks to produce a written report based on the client information provided, containing the following:

1. A summary of your client’s medical history and current medical status.

What conditions has your client got, what is the primary referral and what are the co-morbidities

1. 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. Group name of the drug. Drug name. Desired effect. Side effects. And finally, Implications to exercise

1. Provide statements of the appropriate clinical objectives. Each objective must be accompanied by the underlying reason, or multiple reasons, for selection.

What clinical objectives are you looking at (consider all conditions) Spirometry, Peak flow, BP, BMI, etc and why has the clinical objective been selected

1. A twelve-week exercise/rehab plan including gym based interventions and others.

As shown on the course as the 12 week template. Must show F.T.T.I in correct order

1. Justify each intervention by explaining the specific and/or general responses/adaptations to that exercise.

12 paragraphs (one for each week) explain what you changed and why. Follow F.T.T.I as your 12-week overview

1. 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. TTM/SOC status of client, advice on healthy lifestyle, approach to manage client`s expectations, signposting and support services. Volitional and psychosocial support groups
2. A summary of pre-post physiological measurements with a rationale for each measurement and, where appropriate, a rationale for not taking a specific measurement. Consider the tests you did in section 3. What pre and post numbers did you get and compare them. Explain how the improved numbers show success as a rationale for the tests
3. An information sheet suitable for your lay client (one side A4) giving advice on generally positive lifestyle changes regarding his/her specific condition

Prepared by……..for …….positive lifestyle ideas around Volitional ADL/PAL and activity. Healthy lifestyle, good nutrition and advice specific to ALL the client`s conditions

1. 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 pulmonary disease management.

How do you intend to network with local services, how are you marketing your scheme. How will you offer your services to a local MDT

Your case study should include references as appropriate and a bibliography.

**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. *01382 451188*  or Email: [casestudies@wrightfoundation.com](mailto:casestudies@wrightfoundation.com).

**FORMATTING/ WORD COUNT REQUIREMENTS**

* Font size 12
* Line spacing at 1.5
* WORD COUNT (not including images and appendices) 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

**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*](mailto:info@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 £25 charge to cover our administration costs.

Please contact the office if you wish to submit by post – 01382 451188

**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: