

# Exercise for Long-term Neurological Conditions Course

## Case-study assessment instructions

### Task

You must complete the following:

1. Create a summary statement of your client (copy your case study client detail) explaining his/her medical diagnoses, (what neurological condition, surgical intervention and medication and current condition. What co-morbidities)
2. Detail what other information you may be interested in finding out either from your client and/or her specialist, giving a rationale for each. (client's personal goals, so that we can..... Client's neuro team or physiotherapist clinical goals to prove progression....) You may create additional information, if you wish, in order to provide you with greater clarification for the case-study assessment. (Can't take anything from the case study but can add further relevant detail)
3. Which tests/assessments would you choose? Give a rationale for your choices (Berg Balance, TUG, Dual TUG, Nottingham scale, co morbidities BP, BF% VO2 etc) and method of securing/storing/transmitting the information. (GDPR/Data protection)
4. Design a prospective 12-week programme of exercise, which you deem to be safe, appropriate and effective for your client. (Overview of 12 weeks Monday to Sunday showing progression of Frequency, Time, Type and Intensity)
5. Provide a detailed example of typical exercise session from your programme, assuming that she/he is feeling motivated for the particular session, based on the depth of information that you used for the practical assessment on your course. (Suggest this is the session you plan and detail for your practical delivery. Ensure it has enough detail to allow another instructor to deliver the session to your client if you were absent. Workloads, intensities, exercises, sets, reps, notes etc)
6. Justify your exercise programme with regard to safety, appropriateness and effectiveness. (12 paragraphs, one week per paragraph, (did the client want different exercises or want more resistance than cv? Were they trying to improve other health consideration etc) Justify what you changed and why?)
7. Explain what considerations you would have when ensuring the referral location (i.e., gym, etc.) is suitable for your client; ensure you consider physiological and psychosocial components. (Logistics parking, access, transport links. Physiological, environment, toilet facilities. Psychosocial, Buddy, mentors, group activity in and out of centre)
8. Create a detailed agreed programme for continued intervention/engagement with your client, this may be signposting or development of other services. (S/M/L term goals of SMART and signposting support specialists, support groups)
9. Develop an information/promotional leaflet or flyer about the benefits of neurological rehabilitation exercise referral scheme. Design it so it aims at the patients and the medical professional from whom you wish to receive referrals. (A4 Leaflet, target audience AND referrers with who, how, why, what, where, when)

**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 CIC. Extensions will be given at the discretion of the office.**

If you have any queries about the assessment, please contact WRIGHT Foundation CIC on: Tel. 01307 469055 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
- 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](mailto: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:

