

CASE STUDY OUTLINE

I. CASE STUDY PATIENT (INTRODUCTION)

- a. Demographic / Background information
 - i. Current + past medical history
 - 1. All relevant conditions & known diagnosed diseases
 - 2. Pathophysiology
- b. Modifiable risk factors
 - i. Tobacco use, HTN, diabetes, metabolic syndrome, dyslipidemia, obesity, stress, and sedentary lifestyle
 - ii. Recent lab values
 - iii. Risk stratification based on AACVPR (or ACSM?) guidelines
- c. Medications (chart form)
 - i. Medication, purpose (MOA), common side effects
- d. Rationale for choosing case study patient
- e. Purpose statement

II. PATIENT GOALS & OBJECTIVES

- a. Goals / objectives (SMART goals)
- b. Limitations / barriers that need to be considered / overcome to assist patient in achieving their goals/objectives
 - i. Resources

III. INITIAL FITNESS ASSESSMENT

- a. How was the client's fitness assessed?
 - i. What specific tests or measures were utilized and why were they chosen?
- b. Literature support for tests & measures chosen
- c. Outcome of assessment
 - i. Data collection
 - ii. Results discussion
 - iii. How data was utilized to design the patient's fitness/exercise program to address individual goals + objectives

IV. PROGRAM DESIGN & IMPLEMENTATION

- a. Description / plan for client program (chart/table, bullet points)
- b. If the program was modified from initial design → how + why?
- c. If the program was progressed → how + why? (LITERATURE SUPPORT)

V. PROGRAM OUTCOME

- a. How did the program address client goals/objectives?
- b. Were the client's goals / objectives met? Fully or partially?
- c. Discuss whether the time factor of the practicum length limited achievement of patient goals/objectives fully
 - i. What the plan will be after student departure
 - ii. Other reasons goals/objectives were not met