

How to Write a Case Study for Anatomy & Physiology

In this project, you will observe and write about a real medical case. This could be a person recovering from an injury, undergoing treatment for an illness, or managing a health condition. You will NOT give treatments—your role is to observe and report.

Examples of case topics:

- A person recovering from a common cold or flu
- A friend or family member going through physical therapy
- Someone receiving chemotherapy
- A person managing diabetes or high blood pressure
- Any case you can safely observe or access with permission

Writing Format:

- Preferred Style: AMA (American Medical Association)
- Acceptable Alternative: MLA (Modern Language Association)
- Use third-person writing (do not say “I” or “we”)
- You must cite all sources (medical facts, tests, condition descriptions)
- Use anonymous subjects — DO NOT use real names

AMA Style Basics:

- Number citations in order they appear, as superscripts (example: pain improved dramatically.¹)
- Include a References list at the end, numbered to match your citations
- For AMA citation guidelines: <https://libguides.astate.edu/citations/ama>

Step 1: Case Study Structure

Your paper must include the following sections:

- Title
- Abstract (Summary)
- Introduction
- Client (Patient) Information
- Examination Findings
- Clinical Hypothesis (Conclusion)
- Interventions (What Was Done for the Patient)
- Outcome (Results)
- Discussion (What You Learned)
- References (Using AMA or MLA style)

Step 2: Section Guide

1. Title
 - Short, specific, interesting.
 - Examples:
 - "Rehabilitation Following ACL Tear: A Case Study"
 - "Cognitive Behavioral Therapy for Adolescent Anxiety: A Case Study"
 - "Recovery from the Common Cold in a High School Student: A Case Study"
2. Abstract
 - Write this last—summarize the entire case in 4–5 sentences.
 - Include: Who the person is, the condition, what treatments they had, and their results.
3. Introduction
 - Give background on the condition (cite your source)
 - Explain why you chose this case
4. Client (Patient) Information
 - Age, gender, basic health background
 - Describe why they sought care
5. Examination Findings
 - List tests, exams, and observations
 - What were the key results?
 - Cite sources if you explain tests or scales used
6. Clinical Hypothesis (Conclusion)
 - What was the diagnosis or clinical impression?
 - Support with facts or literature (cite properly)
7. Interventions
 - Describe treatments the person received (not what you would do)
8. Outcome
 - What happened after treatment?
 - Report measurable outcomes if possible (pain scale, mobility, strength, etc.)
9. Discussion
 - Reflect on what you learned from this case
 - Connect your observations to things you've learned in class
10. References
 - List all websites, books, and articles you used to research the condition, tests, and treatments
 - Use AMA or MLA style

Rules for Subjects

- You must get signed consent to follow or interview the person
 - Do not use real names—label them as "Patient A," "Patient B," etc.
 - You can observe:
 - Someone you know currently receiving treatment
 - A previous case if you have access to records (with permission)
-

Case Study Grading Checklist

| Task | Points |
|---|-----------------|
| Clear description of case and background information | ___ / 10 |
| Observations are detailed, accurate, and well-documented | ___ / 10 |
| Clinical findings and timeline are clearly explained | ___ / 10 |
| Shows understanding of treatments and patient progress | ___ / 10 |
| Conclusion reflects on case significance and learning points | ___ / 10 |
| References (at least 2 additional sources) are formatted correctly (AMA or MLA) | ___ / 10 |
| Total | ___ / 60 |

Case Study Grading Rubric

| Category | 9–10 Points (Excellent) | 7–8 Points (Good) | 5–6 Points (Needs Work) | 0–4 Points (Incomplete/Poor) |
|---|---|---|--|---|
| Case description and background | Clearly describes the case with relevant background and patient information; well-connected to course concepts. | Adequate description with some background details; minor gaps in clarity or connection. | Basic description; lacks detail or clarity; minimal connection to course topics. | Very limited or missing case details; not connected to course concepts. |
| Observations and documentation | Observations are thorough, detailed, and well-documented with accurate progression over time. | Observations are mostly clear and accurate with minor gaps in detail. | Observations are brief, lacking details or timelines; some inaccuracies. | Observations are minimal, unclear, or largely inaccurate. |
| Clinical findings and timeline | Findings and timeline are clearly explained, organized, and easy to follow. | Findings are explained with minor confusion in timeline or organization. | Timeline is vague or findings are disorganized. | Timeline or findings are missing or confusing. |
| Understanding of treatments and progress | Demonstrates clear understanding of treatments and patient progress, including rationale when possible. | Shows general understanding with minor errors or limited explanation. | Limited understanding of treatments or patient progress. | Misunderstands treatments or shows little understanding of progress. |
| Conclusion and reflection | Thoughtful conclusion summarizing the case with clear learning points and personal reflection. | Adequate conclusion summarizing key points with limited reflection. | Weak conclusion with little summary or reflection. | Conclusion is missing or irrelevant. |
| References (AMA or MLA format) | At least 2 credible sources, properly formatted with no noticeable errors. | 2 sources with minor formatting mistakes. | Less than 2 sources or frequent formatting errors. | References missing or mostly incorrect formatting. |

CONSENT FORM

Providence Extension Program – Anatomy & Physiology Case Study Project

Dear Participant,

This form is to inform you that a student from Providence Extension Program (PEP) is completing a class assignment for Anatomy & Physiology. The assignment is to write a case study about a person undergoing medical care (past or present), such as recovery from an illness, therapy, or treatment for a health condition.

By signing this form, you give the student permission to:

- Observe, interview, or review your medical information (with your permission).
- Keep your identity completely anonymous—your name will not appear in the report.
- Report on your progress or medical history only for educational purposes within the classroom setting.

Your information will NOT be shared outside of the classroom. You have the right to refuse or withdraw from participation at any time.

Thank you for helping this student with their learning experience.

Student Name: _____

Date: _____

Participant Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____

Instructor: Dr. Charlotte Singletary PT, DPT

Course: Anatomy & Physiology – Providence Extension Program