



Your trusted partner in diabetes care

Case study information

ADEA Credentialling Program

October 2013

Case Study Information

This Case Study submission is part of the application for ADEA Credentialling if credentialling status has lapsed and re-credentialling is being sought or it has been more than 6 years since completion of an ADEA accredited course in Diabetes Education.

Using a case study, articulate and demonstrate advanced knowledge and skills in conducting a thorough, individualised assessment with a person with diabetes and their family, demonstrate appropriate teaching/learning principles, and demonstrate respect for cultural background and health beliefs.

The case study must demonstrate the following education principles:

- Provision of safe, effective client-centred clinical care to the person with diabetes.
- Provision of safe, effective client-centred diabetes self-management.
- Involvement and/or consultation with other appropriate health professionals in the management of the patient.
- A systematic approach to service planning, delivery and evaluation in order to ensure service is efficient, effective and meets the community and individual client needs.

Guidelines for writing Case Studies

- Ensure the patient's anonymity is maintained. Ensure that the patient is not identifiable in any way. Avoid using dates, names of institutions, any details that may identify the patient.
- Clearly articulate the management issue(s) (including patient identified goals).
- Appropriately address the management issue(s).
- A case study is a modest description of what actually happened, so keep to facts of clinical events. Recognised abbreviations can be used provided the term is written in full at the first usage. Tables and bullet points can also be used provided they are well explained.
- Critique the care provided for the patient. Explore the rationale behind the care. Support arguments with evidence and references. Reflect on evidence based practice guidelines.
- Word Limit 2000. A 500 word limit Literature Review is included in the 2000 word limit. Do not include references in your word count.

At the beginning of the Case Study please include information stating your name, ADEA membership number, contact details (phone number and email), and word count of the case study.

Set out the Case Study with the following headings:

- A background statement of introduction - describe the context of the case and summarise the entire article. What is particularly interesting about the case?
- Case presentation- description of relevant characteristics – for example: presenting problem and history, relevant biochemistry, investigations, social history and demographic, family history.
- Assessment - clearly describe the working diagnosis/clinical impression of the patient and the plan for care.
- Management - Who was involved, over how many consultation sessions, what management goals were made and the reasons for them.
- Review – What management goals were met or what barriers were there preventing goals being met. Consider impact of mental health and stages of readiness to change. Describe outcome measures such as self-management behaviours (blood glucose monitoring, medication/ insulin concordance, exercise), clinical investigations (HbA1c, weight, BMI, blood pressure) and what those outcomes were. Also include in this section an indication of how often and why the patient might continue to return for review.
- A brief literature review (500 words max) – present some discussion about issues which might have arisen and provide some background as to why they might occur.
- Discussion - In this section identify any questions that the case raises, how this case compares to the literature and what the key learning's were for you and their implications on either your future practice or that of others.
- Reflections of the case and impact on learning. Include relevance to the ADEA Core Competencies and professional scope of practice.
- Strengths and Limitations of the case. What were the challenges and what approaches were used to address these challenges.
- Conclusion – clearly and succinctly address the aim and key learning's without simply repeating the discussion.
- References – Use ISO 690 Style of Referencing.