

# How to Write a Case Study

*A case study is an in-depth analysis of a real-life situation or incident, as a way to illustrate content and theory to a real or simulated life situation or both. Case studies allow the learner to acquire cognitive reasoning, critical thinking, and decision-making skills.*

HERE are some suggestions for how to write a case study. **Remember, this is just a guide!** Please be aware that different supervisors/tutors often have slightly different approaches and as such, their requirements may vary. Ensure you check the guidelines provided by your faculty/department and follow these to the letter.

## Selecting the Topic

The author should select a topic that is focused, reality-based, relevant, and reflects evidence of best practices in nursing. The topic can deal with a care scenario from a past nursing experience or one that highlights and emphasizes the scope of current nursing practice.

## Planning: Write Objectives

In the planning stage, it might be helpful to write at least three objectives or outcomes that reflect what can be learnt from the case study.

**Example** (N.B. in these examples, the patient diagnosis is schizoaffective disorder)

At the conclusion of the case study, it should be possible to:

1. Identify the characteristic behaviours presented in schizoaffective disorder.
2. Identify the components for diagnosing schizoaffective disorder.
3. Identify the common pharmacological approaches to the treatment of schizoaffective disorder including side effects and nursing considerations.

## Developing an Introduction

An introduction is one or two opening paragraphs that set the stage for the case study scenario. Within the introduction, the patient, symptoms, and related circumstances of the situation may be described and may also present the history of the patient leading up to the events to be addressed in the scenario.

**Example**

J.A., a 35-year-old sanitation worker, was brought to the emergency department by her sister after being found in her home repeating "my neighbours are trying to kill me". J.A. stated that she often hears voices and sees people who tell her to kill herself.

In the emergency department J.A. was assessed and comforted. Her personal hygiene had been deteriorating and her teeth were discoloured and falling out. Her sister helped with the exam and stated that J.A. "had not shown up for work and would not answer

# How To Start A Case Study Paper

**David Baud**



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