

Evidence-based Case Report in Clinical Nursing

Pathum Sookardomdee^{1*} Viroj Wiwanitkit²

¹TWS Medical Center, Bangkok, Thailand

¹Adjunct Professor, Joseph Ayo Babalola University, Ikeji-Arakeji, Nigeria

²Visiting professor, Hainan Medical University, Haikou, China

²Honorary professor, Dr. DY Patil University, Pune, India

ABSTRACT

Evidence is an important consideration in science at present. As a clinical science, the evidence is also important in clinical nursing. The good clinical nursing practice must rely on the clinical evidence. Following of the nursing evidence – based guidelines is required and the way to seek for the evidence-based data for improvement of knowledge is very important in clinical nursing practice. The evidence-based nursing practice is the present concept in modern clinical nursing. For nursing research, publication of clinical nursing care report is important. To provide an evidence-based case report in nursing is the main issue of nursing case report. In this short article, the authors specifically reviews and discusses on the specific issue on evidence – based case reporting in clinical nursing. The summary of important references is performed and the suggestion for preparing a good evidence – based case report in clinical nursing is given. The concepts start from how to prepare a good clinical report. The good observation and systematic summary of existed evidence are the basic requirement for preparing a good clinical case report in clinical nursing. A good manuscript preparation, editing and re-editing are the necessary processes. Step by step and recommendations from referencing publications are summarized and presented in the present article.

Keywords: case report, evidence, nurse

***Corresponding Author**

E-mail: pathumsook@gmail.com

INTRODUCTION

The evidence-based nursing practice is the present concept in modern clinical nursing. For nursing research, publication of clinical nursing care report is important. The case report is a good way for communication among practitioners. It can also be a faster way for generalizing the information. For example, in situation of the new emerging infection, case report is usually the first article regarding the new disease [1]. It is of no doubt that the case report on the new disease will be very useful for the other practitioners to follow.

How to write a good case report is a common question in the clinical nursing academy. The writing of a good case

report needs good training and skill. The good case must be from good data collection. The scientific quality of the data is necessary [2]. In clinical nursing, the evidence-based data is usually preferable. To provide an evidence-based case report in nursing is the main issue of nursing case report.

HOW TO PREPARE A GOOD EVIDENCE-BASED CLINICAL NURSING CASE REPORT?

The clinical nursing case report is a specific kind of publication regarding a case or case series. This might be the issues on specific situations, presentation, management, lesson learnt or innovation [3,4]. To get success in writing an

evidence-based clinical nursing case report, one has to collect the data on the case. Good case report usually base on the completeness of the case's data. The approach by qualitative research technique can be helpful.

For a case report preparation, one should also not forget to follow the principle of informed consent, patient's privacy and rights. The ethical principle in research and publication is needed. At present, there are not many valuable published evidenced-based clinical nursing case reports. To collect the good data from clinical nursing practice to formulate a good clinical nursing case report is recommended. The qualitative research

methodology can be well applied in data collection. The required details of the case include the data on time, place and person. After data collection, the verification of the data such as by triangular verifying is required

For a referencing guideline on preparing or publishing a good case report, one might refer to standard referencing journal such as case study and case report (<https://case-study-case-report.simdif.com/>) [4]. To support the case, evidence in each step must be collected and there must be the connection and explained relationship in each part of the report as given in Table 1.

Table 1. Step-by-step suggestion to prepare an evidence-based nursing case report.

Steps	Details
Clinical observation	The observation is the necessary basic skills for any biomedical science including to clinical nursing. The good clinical observation can result in detection of interesting finding that might be merited for reporting.
Data collection	The good data collection is very important. This might be supported by good qualitative research skill. In depart gathering of data, multi-dimension data collection is required.
Manuscript drafting and writing	When the data is completely collected, it is the time for drafting the writing of the report. The originality and good referencing (evidence-based formation) is very important in preparing or writing a nursing report.
Rechecking of the manuscript	This step is an important step that should not be overlooked. This is also a step for quality assurance of the work. Rechecking might help in identifying some errors, and correction can be applied.

Focusing on the structure of the case report, there must be at least three sections: introduction, case report and discussion section. As suggested by Coates, the introduction section must clearly state the topic and mention for its importance [5]. The case section must have clear details. The discussion must give details and ideas of the authors regarding the case and there should be a conclusion to state the clinical usefulness of the information [5].

DISCUSSION

To write a good case report is usually a big challenge. The instruction for writing a good case report might be available from some referencing journals such as Case Study and Case Report. However, the important thing is the practice. As noted

by Papanas and Lazarides, “*Guidelines and tips for writing case reports are not enough for making a successful author, but they help, especially less experienced doctors, to exercise and improve their writing*” [6].

The good details and arrangement of the case report is important. To support the evidence-based nature of a case report, which is the preferable scientific format, Cohen suggested that “The case presentation section should describe the case in chronological order and in enough detail for the reader to establish his or her own conclusions about the case's validity” [2]. Without good skill and intention, the good clinical nursing case report might not be derived. As noted by Green BN and

Johnson noted that a good case report should present new information to the literature and the writing must be succinctly [7]. To get success in clinical case report writing, experience is important. The training is useful for increasing the skill of nurse in writing a good clinical case report [7].

Finally, how to use available evidence/research findings in clinical nursing case report for better patient care is an interesting question. In fact, the case report will not be useful if it cannot provide any ideas or give lesson learnts to the readers. For nursing, general nurse should carefully read the case report and search for the useful clinical application hidden in the text. For example, the case report on a new emerging infectious disease can give the clinical data for the nurse on the clinical problem as well as the way to successfully manage the problem such as infectious control [8, 9]. For maternal and child nursing, clinical case report can help increase the knowledge of nurse on physiological process and can improve the nurse's ability to resolve breastfeeding nursing problems [5].

CONCLUSION

To prepare a good clinical nursing care report, one has to follow standard nursing and academic writing technique. The use of quality research approach for detailing of the case is important.

Conflict of Interest

None

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