

## **Case Study: Sophie**

A case study analysis requires you to examine the various sources of information regarding the case and propose the most effective solution/plan of care using supporting evidence.

Remember that there is a 1500-word limit, so you are not expected to analyse and evaluate every possible point or issue within this case. Pick out the ones that are important to evaluate and then follow these through using them to inform the plan of care.

The following may help to prepare and structure the case study:

### **Introduction**

Identify the key facts, problems and important issues in the case study. This is just a short summary (no more than 10% of word count) of the points and issues that will be addressed in the case study. It is often a good idea to come back to this once you have finished the 'Evaluation of the case' and the 'Proposed plan of care' so that you are only introducing the points and issues that will be evaluated and analysed rather than all the possibilities in this case.

Formulate and include a clear and concise thesis statement. Just a single sentence that clearly and concisely spells out the main points.

### **Background**

Set the scene concisely: background information, relevant facts, and the most important issues and implications. Be careful not to just repeat information that has been provided. You can provide a summary of what is happening and has happened for Sophie as background, then provide some context. For example, consider her diagnosis and use literature to help the reader to understand what might be going on for Sophie at the moment.

Demonstrate that you have researched the problems and issues raised in this case study. In other words, support with literature.

### **Evaluation of the Case**

Evaluate the corroborative information and discuss what is working and what is not working, supported by contemporary evidence.

Choose a limited number of points/issues/occurrences to consider, evaluate and analyse. You may find it easier to take one main point and evaluate in full, then move to the next in a new paragraph. For example, is there anything in Sophie's social functioning/relationships/connections/supports that you can evaluate and analyse. What is working, what is not, what may need support to work more effectively.

Limit the number of main issues so that you can analyse in depth rather than just mentioning many issues.

Use literature to support your thoughts and statements. Reference any works cited.

### **Proposed plan of care**

Using a recovery and person-centred approach, provide specific and realistic plans for how Sophie and John can be supported. Use the points/issues that you have analysed in the 'Evaluation of the case' above to inform your proposed plan of care.

Explain why this plan of care has been chosen, supported with evidence.

Determine and discuss specific strategies for implementing and evaluating care.

The sections 'Background', 'Evaluation of the case' and 'Proposed plan of care' would make up the body of the case study, therefore worth 70% of the total grade. The bulk of this would be the latter two.

### **Conclusion**

Just a short pulling together of your evaluation, what you have determined and how it will be implemented.

### **References**

Use relevant, contemporary, peer-reviewed sources to support your thoughts, ideas and statements.

You may make use of the sources provided in the course topics, but always find the original source; i.e. don't reference a video presentation, find the source used in the presentation.

Also, importantly, do research to find sources beyond the course materials.