

Creating Evidence in Your Practice: Case Reports



With Leisa Bellmore, Sandy Gsell, Kristina Pfeifer
& Stergios Tsiormpatzis

Evidence-based Medicine

- “...good doctors use both individual clinical expertise and the best available external evidence, and neither alone is enough...” (Sackett et al., 1996)
- “...a new model for evidence-based clinical decision making based on patients' circumstances, patients' preferences and actions, and best research evidence, with a central role for clinical expertise to integrate these components.”
(Haynes, Devereaux and Guyatt, 2002)

Evidence-based Medicine

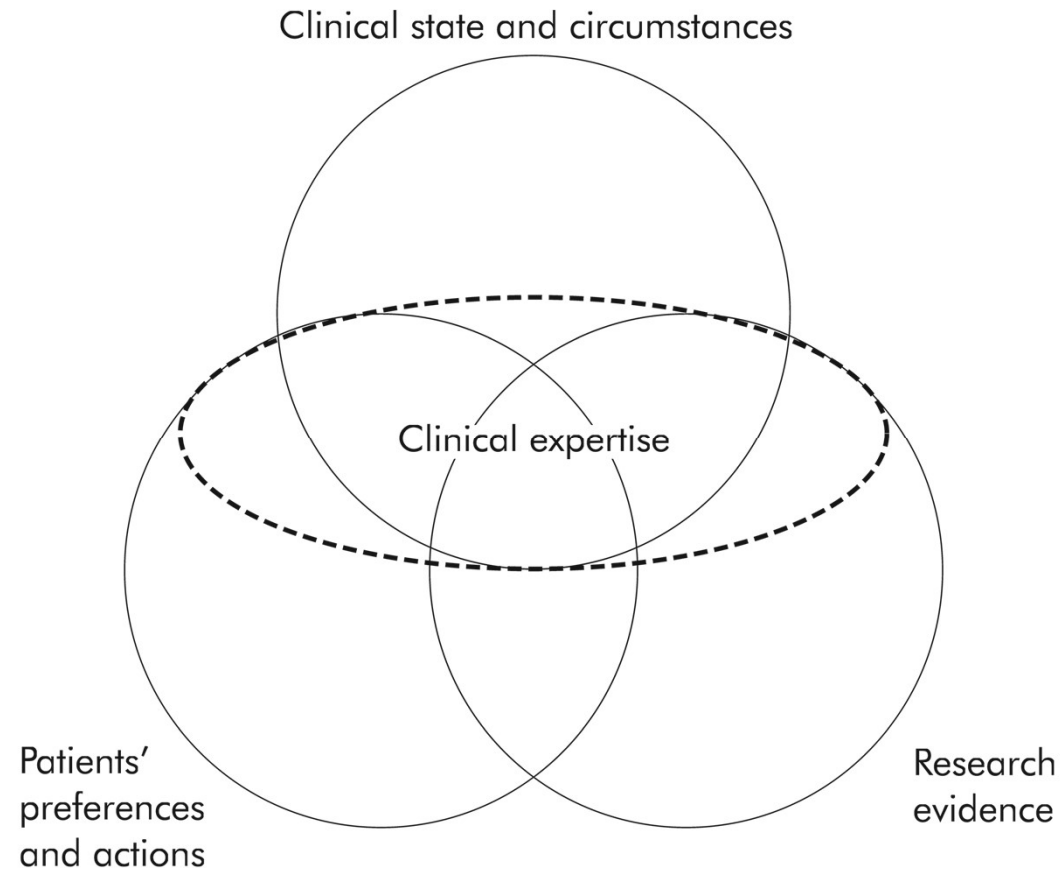


Image: from Haynes, Devereaux and Guyatt, 2002

Evidence Validities

- **Internal validity:** whether the study results are valid for the participants of the study; whether the results obtained could be attributed to what we did and not some irrelevant factor
- **External validity:** whether the study results are generalizable, that is whether they can be used for persons other than those in the study
- **Model (or ecological) validity:** whether the study results can be used in real-life situations, with different practitioners, facilities, context etc.

Evidence Hierarchy

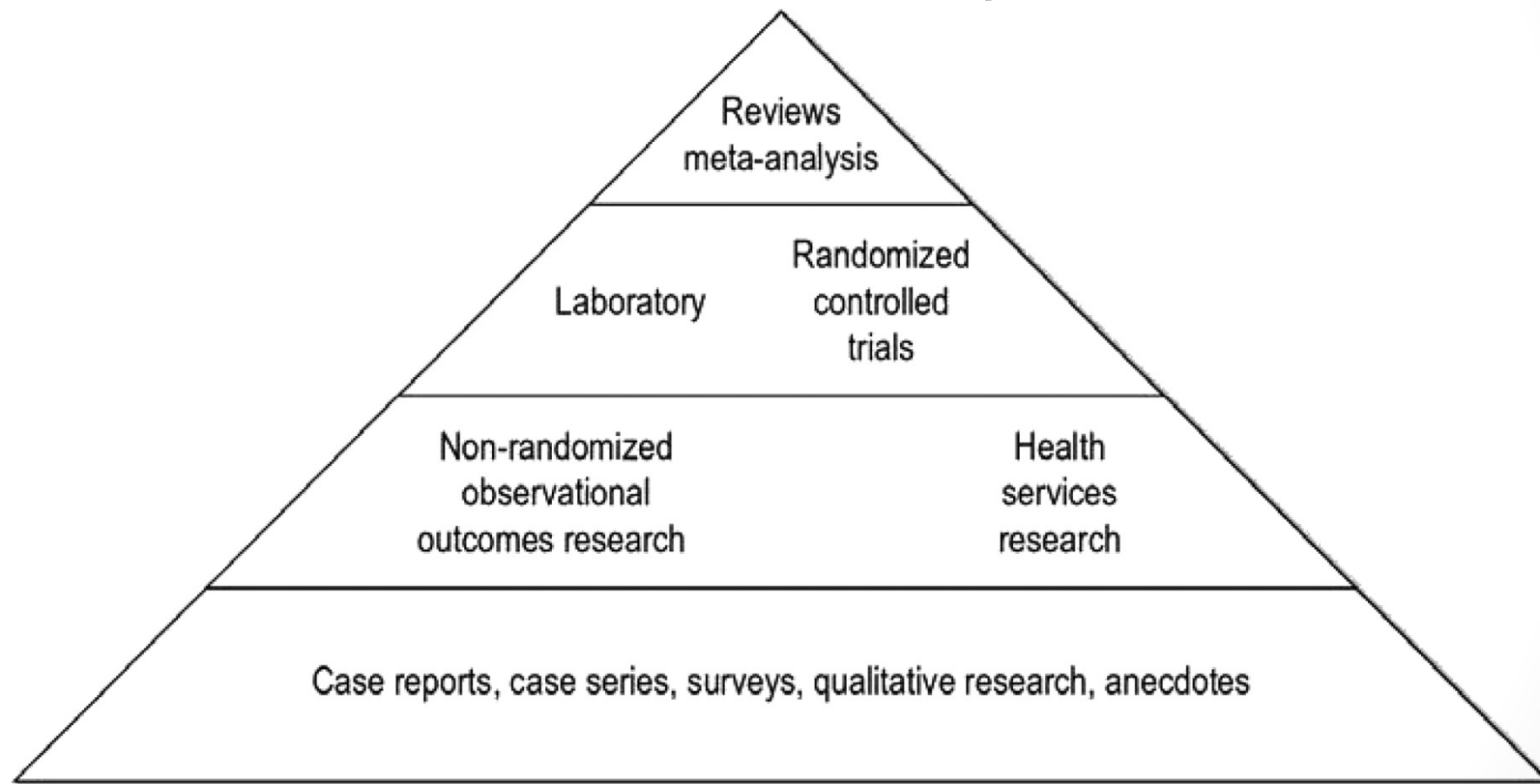


Image: from Lewith, Jonas and Walach, 2011

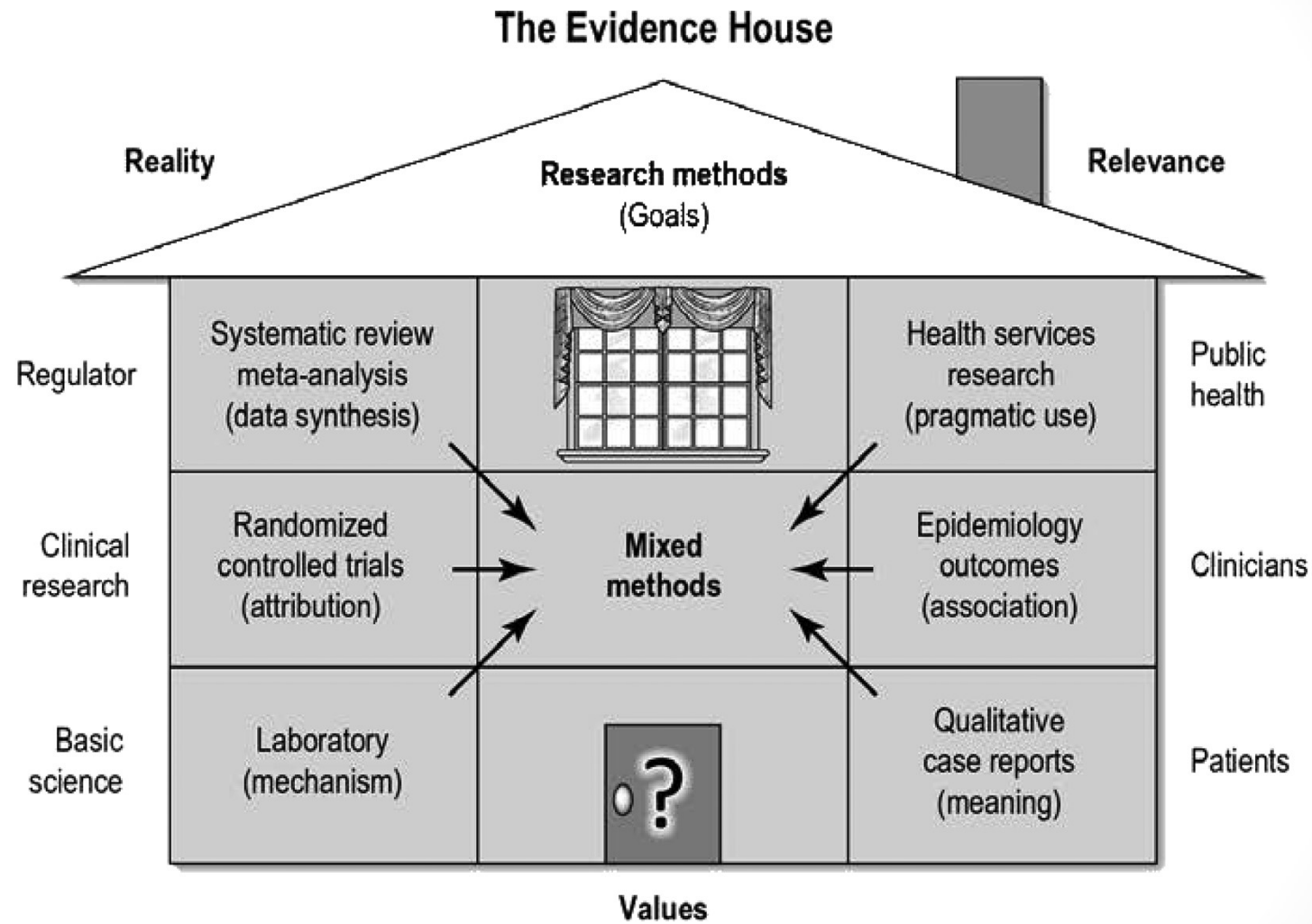


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Research Methods

Quantitative methods

- Deal with numerical data and use statistics
- RCTs are considered the gold standard as they can isolate the effect of the tested treatment and imply causality

Qualitative methods

- Ask non-quantifiable questions
- Appropriate for 'what', 'how', 'why' types of questions

Mixed methods

- Uses both qualitative and quantitative approaches
- Focuses on research questions that require an understanding of real-life context, multiple perspectives & cultural influences

Domains of Research

Sociocultural:

- Demographics, satisfaction, costs of care, epidemiology, education & outreach, law & politics, history, how patients perceive & experience care, how practitioners evaluate & explain the practice, why people study or receive shiatsu...

Safety & Effectiveness:

- The practice of shiatsu – comparisons of techniques, appropriate time spent in each session, frequency of sessions, duration of effects & how this can be measured, safety issues, the practitioner's effect...

Domains of Research

Comparisons:

- Compare effectiveness of shiatsu with other practices for the same condition; compare with other bodywork modalities or other healthcare methods

How it works:

- Underlying physiological mechanisms; how shiatsu causes a physiological effect or influences a physiological function

(Adapted from Cassidy and Hart, 2003)

One patient & one researcher may be enough!



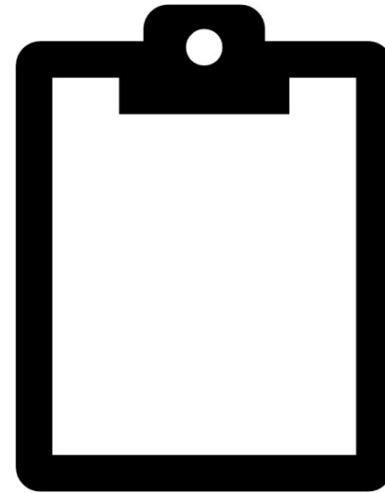
Image: flickr.com/photos/communityeyehealth/10923135135

- Case study
- n-of-1 trial
- Case report
- Case series

Poll

What is your experience with research?

- a. I have done research on shiatsu
- b. I have done research in another field
- c. I read research
- d. I have no experience yet



What does a case report look like?

- *Imagine: you are looking for specific cases.*
- *What will help you find them swiftly?*

- Keywords - >
- Title
- Abstract
- Report



Image: flickr.com/photos/132832534@N03/18344329294

Title example:

Intervention

Research design

Zen shiatsu: A longitudinal case study measuring stress

reduction in a child with autism spectrum disorder [Burke,2014]

Symptoms/pathology

Abstract

Divided into:

- Introduction
- Objective
- Methods
- Results
- Conclusions

Standardisation of
content & structure:
see CARE checklist 2013

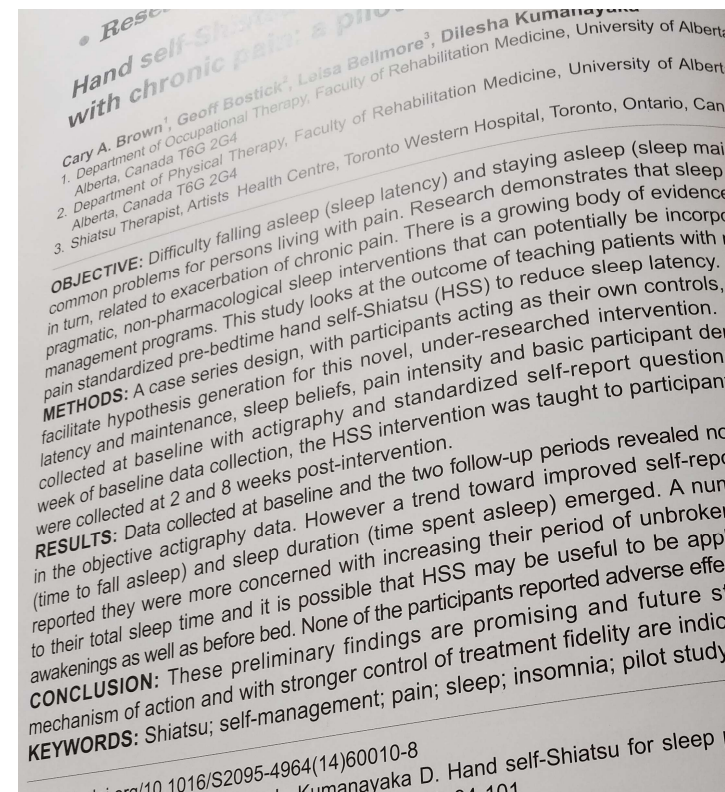


Image: L. Bellmore

Report

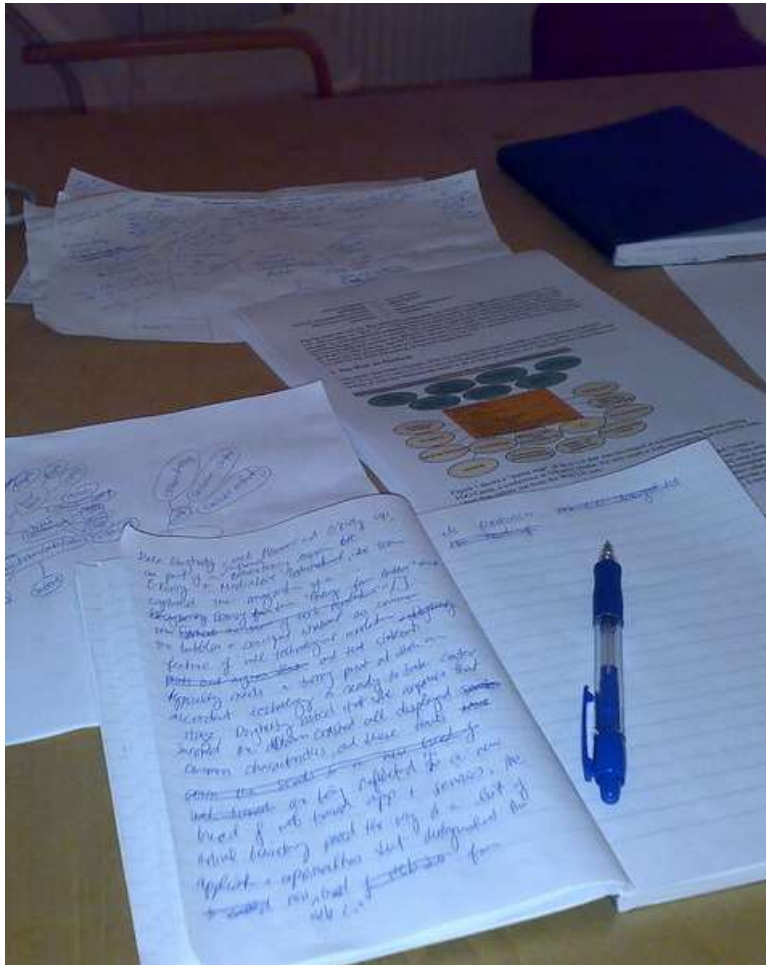


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- *The long story of the paper*

Structure is related to abstract plus:

- Discussion
- References
- Further: conflict of interest, consent, acknowledgements, copyright

Check out these resources:

- CARE Guidelines (adapted for bodywork):

<https://www.ijtmb.org/index.php/ijtmb/article/view/251>

- CARE Checklist 2013:

<https://www.care-statement.org/checklist>

- International Journal of Therapeutic Massage & Bodywork:

<https://www.ijtmb.org>

- United States National Library of Medicine 'Pubmed':

<https://pubmed.ncbi.nlm.nih.gov>

How to start Case Reports?

- Organize your practice in advance:
 - Document concern, treatments and process of your clients
 - Use MYMOP or other validated tools

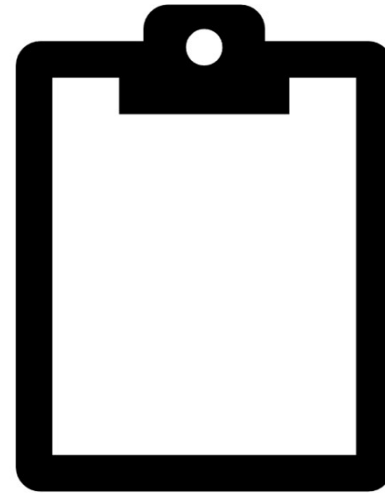


Poll

Do you use a
documentation template?

If yes, from which source:

- a. Shiatsu school
- b. Shiatsu association
- c. Other
- d. No, I don't use one



After an interesting case occurs

- What is my message?
- Who is my audience?
- Is my case interesting to other practitioners?
- Does this case involve something special?
- Have similar cases been previously reported?



Writing Process I



- Describe WHAT happened:
 - Information about your client & clinical findings
 - Therapeutic invention; duration & frequency
 - Tools like MYMOP to measure outcomes

➔ METHODS Chapter

- Summarize the outcome measures and/or the important changes you observed

➔ RESULTS Chapter

Writing Process II



Write the remaining parts of the case report:

- **INTRODUCTION:** Outline briefly why this case report is important → citations
- **DISCUSSION:** Describe the strengths & limitations of your work; Discuss relevant literature
- **CONCLUSION:** One paragraph with the 'take-home' message

Writing Process III



Finish your case report:

- ABSTRACT: One or two sentences for each chapter
- Key Words, References, Acknowledgement, Patient Perspective

More information:

<https://www.care-statement.org/writing-a-case-report>

Other measurement tools you can use:

- PROMIS® – measurement tools addressing: sleep disturbance; pain intensity, quality & interference; anxiety; fatigue
- PSQI: Pittsburgh Sleep Quality Index
- HRQoL: Health-Related Quality of Life
- Flinders Fatigue Scale
- VAS: Visual Analogue Scale – often used for pain
- Neuro-QoL Short Form v1.0 – Ability to Participate in Social Roles and Activities
- NIH Toolbox Meaning & Purpose

Using validated tools will give your research more validity!

Why Do Case Reports?

- Contribute to the evidence base for shiatsu
- Easy for novice researcher
- Based on clinical experience
- Basis for further studies



Image: flickr.com/photos/wenzday01/4332780839

Why Do Case Reports?

- Build your confidence
- Provide valuable info
- Increase awareness of shiatsu
- Share knowledge
- Starting point for further work & research



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How do I get published?

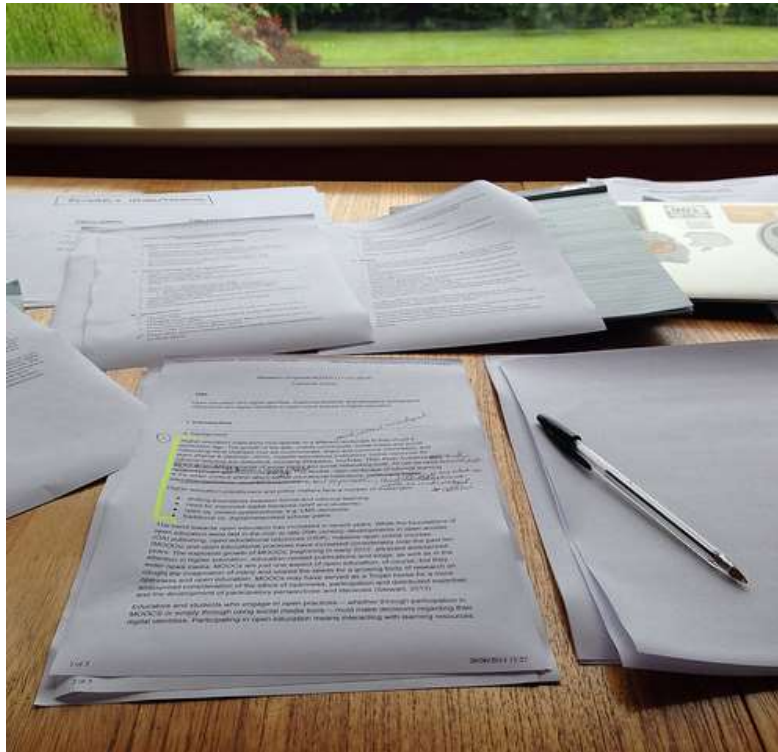


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- Structure your case report using the CARE guidelines
- Journals have specific requirements for manuscripts
- Review both before you begin!
- Have someone proofread your paper

Where should I publish?

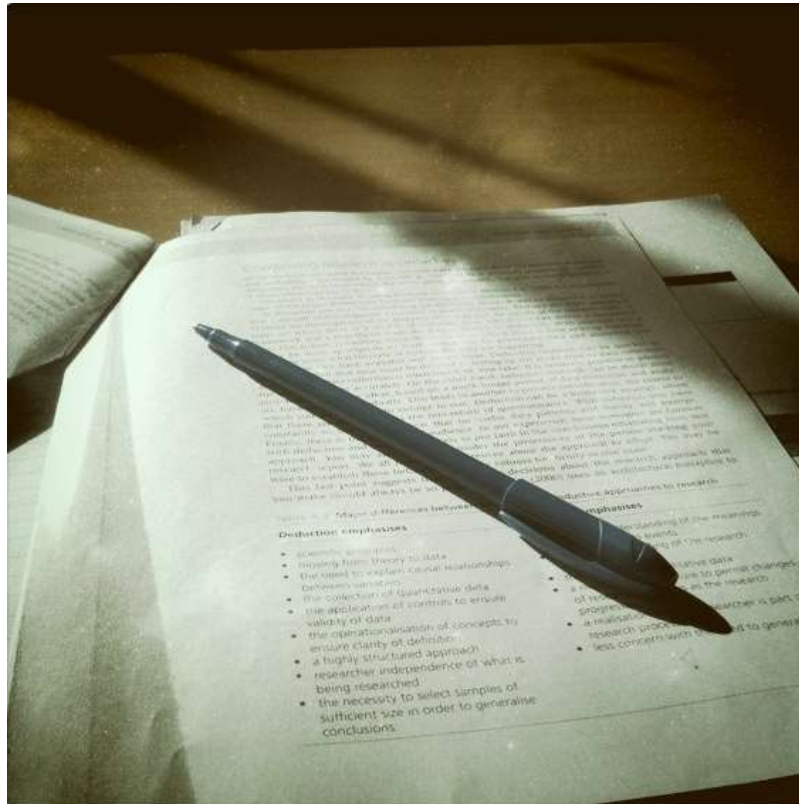


Image: flickr.com/photos/myniram/5097523366

- Find a suitable peer-reviewed journal:
- Publishes case reports
- Publishes research on complementary medicine
- Make sure it is reputable:
- Avoid predatory journals
- Indexed in database such as Medline
- Check info on their website

After you're published:

- Share your study!
- With colleagues, patients, relevant organizations
- On social media
- At conferences (poster & oral presentations)
- Write summary article for shiatsu journals
- Discuss it in podcasts

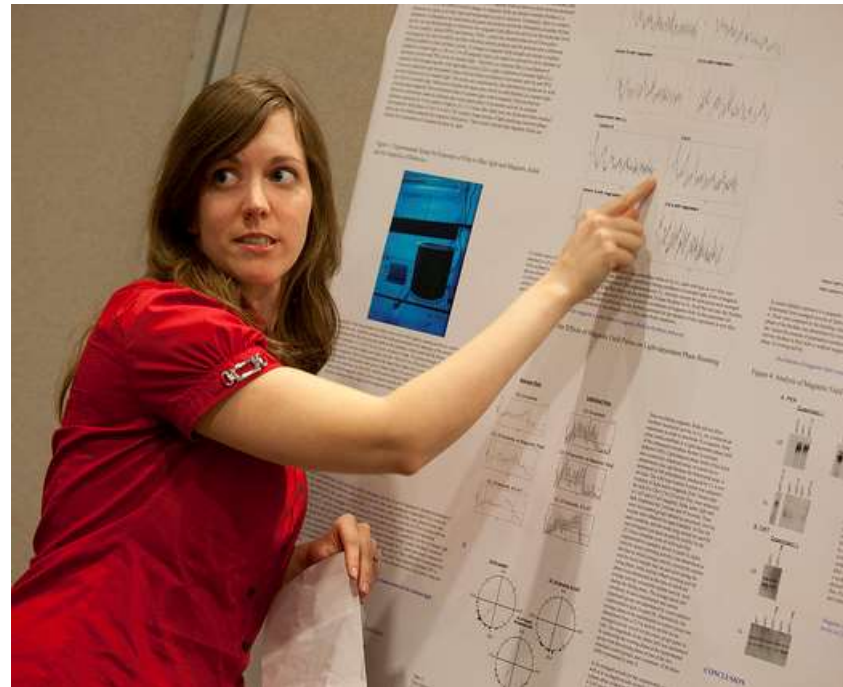


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Presented by:

Leisa Bellmore, Sandy Gsell, Kristina Pfeifer & Stergios Tsiormpatzis
on behalf of the Shiatsu Research Network

<https://www.shiatsu-research-network.org>