

# Case Study and Its Importance

Karthik Adiraju<sup>1</sup>, Phani Harshitha Yarlagadda<sup>2</sup>

<sup>1,2</sup> Intern, Kamineni Institute of Medical Sciences, India

**Abstract:** *Case report is a main type of article that is published in general medical and scientific journal. This kind of article is very useful and valuable for the scientific community. For general author, the things to be known before writing and publishing a case report is "What", "Why" and "How" to report. In this editorial, these issues will be discussed.*

**Keywords:** Case study, Case report, Journals, Rare cases

## 1. Case Report: What's its Importance?

In medical literature, "case report" is a main type of article that is published in general medical and scientific journal. This kind of article is very useful and valuable for the scientific community. In general, the case report is a short article describing a case or cases of interest to the general reader. This kind of article is not common for non-medical science journal hence it can be said that case report is a specific way of knowledge communication in medical science.

The case report is very important in medicine. It can be classified as a kind of quality research that in depth describes some interesting situations. The importance of case report in medicine can be a) the source of knowledge communication, b) a notification of new diseases, new clinical presentation, new techniques, etc., c) a good database and registry data for some rare problem and d) forum for stimulating the discussion and experience sharing among author and reader [1- 2]. Hence, it is no doubt that almost all medical journals publish case report. However, due to the page constraint, many journals can publish only a few interesting case reports per issue. Some journals decide not publish case report. Some publish as online only articles. Nevertheless, there are also some new interesting specific case report journals. The good famous examples include "Journal of Medical Case Reports", "BMJ Case Reports" and "Case Study and Case Report". There are several new upcoming journals for case report publishing.

## 2. What to Report? [3-5]

The case report is a specific article on interesting situation. This means not all things can be reported. The things that should be reported include

- Strange cases
- Never seen cases
- New things, new identification
- New theory
- Special situation
- New epidemic
- New episode
- New variation
- New management
- Complication in classical practice
- Pitfall and forgotten issue

## 3. Why to Report? [3-5]

Case report is the way to distribute the knowledge or finding to the community. Interestingly, many interesting manifestations, diseases or innovations occurred but they were not reported to the community. That means the others cannot know the knowledge.

When you see or meet an interesting case, it should be reported. Reporting of a case report can be useful for author, reader and general community. For the author, it can be the way to upgrading academic experience. For the reader, reading a case report helps provide new knowledge and lead to a concern on forgotten or rare situation. It can help improve manage the case in general practice. For the community, the case report is a good document and can be last long evidence based medicine.

## 4. How to Report? [3-5]

"How to write a good case report" might be a basic question for the author. Indeed, it is not difficult to answer. Writing any kind of medical papers can be based on simple rules: a) complete preparation of data, which means previous good data collection on all aspects of the case, b) writing by yourself, based on your style and avoid any kinds of copying which is a big ethical problem in medical writing, c) consulting expert for checking and d) rechecking the writing by yourself as the final step.

In writing, the detail of the case should be completely provided. Important data have to be clarified. Unnecessary data can be omitted. At least, you should communicate to the reader on the specific interesting characteristics of the reported case. To report a case, after preparing the manuscript, please check for the journal that you expect to submit. The case can be submitted to the journal in the related field or to the specific case report journals as already mentioned.

## 5. Future Prospectus

We tried project the importance of case report writing .The various ways how case reports are useful in various fields of education. Its necessity and finally, the first thing to be kept in mind is "you have to write by yourself" and "you have to start writing". If not, there will be no case report by you.

## References

- [1] Wiwanitkit V (2011) The usefulness of case reports in managing emerging infectious disease. J Med Case Reports 5: 194.
- [2] Kuchar E (2010) The importance of case reports in current pediatric endocrinology and metabolism literature--the analysis of publications indexed in Medline in the years 2004-2009. PediatrEndocrinol Diabetes Metab 16: 119- 122.
- [3] Peh WC, Ng KH (2010) Writing a case report. Singapore Med J 51: 10-13.
- [4] Cohen H (2006) How to write a patient case report. Am J Health Syst Pharm 63: 1888-1892.
- [5] White A (2004) Writing case reports--author guidelines for acupuncture in medicine. Acupunct Med 22: 83-86.

## Authors Profile

**Dr. Karthik Adiraju**, finished MBBS in Kamineni Institute of Medical Sciences, Narketpally. Presently doing Internship in Gandhi General Hospital, Hyderabad, India. Has 2 publications in IOSR-JDMS.

**Dr. Phani Harshitha Yarlagadda**, finished MBBS in Kamineni Institute of Medical Sciences ,Narketpally. Presently doing Internship in Gandhi General Hospital, Hyderabad, India