

## INDIVIDUAL CASE STUDY (CASE CODE: 11)

### PHYSICIAN AND SPECIALIST COMMITTEE

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#### PARTICIPANT GUIDELINES

- Event will be presented to you through your reading of CURIS Skills, CURIS Knowledge and Case Details
- Each case study must be completed individually and should take approximately 1 hour
- You should take approximately 10 minutes to review this information and 20 mins to conduct external research to help prepare your response
- You should then take approximately 20 minutes to write your response and allot 10 minutes to edit your response and submit your work
- Please also include a citations page to indicate which external sources were used
- All submissions will be made through the CurisConnect website
- You will be evaluated on how well you demonstrate the CURIS Skills and meet the CURIS Knowledge criteria. The last page in your case study package consists of an Evaluation Form whereby the evaluator will allot points for the completion of the case study.
- The points allotted will be based on the depth and detail of your explanation in your response since there are no defined right or wrong answers, but rather we want to see your thinking, research, knowledge and understanding on the situation at hand.
- The amount of points earned will correspond to the amount of volunteer minutes or hours you will earn. The threshold and range for this grading scheme can also be found at the bottom of the Evaluation Form.
- Participants who successfully complete the case study will receive a Certificate of Participation

#### CURIS SKILLS

- Critical Thinking – Reason effectively and use systems thinking.
- Communication – Communicate clearly.
- Creativity and Innovation – Show evidence of creativity.
- Healthcare Oriented Mindset - Utilizes proper terminology and demonstrates foundational educational understanding in discipline.

#### CURIS KNOWLEDGE

- Understanding of dietary modifications for managing Crohn's disease symptoms, including knowledge of trigger foods and recommended nutrient intake.
- Familiarity with lifestyle adjustments to support gastrointestinal health, such as recommendations for physical activity, stress management, and ergonomic practices.
- Awareness of available resources and support options for patients with Crohn's disease, including referrals for nutritional counseling and support groups.

## CASE DETAILS

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You are a gastroenterologist at GastroHealth, a renowned medical facility dedicated to providing comprehensive gastrointestinal care. Established in 2003, GastroHealth is committed to delivering advanced medical solutions with a patient-centered approach, ensuring optimal digestive health and well-being.

A few days ago, your patient, Ms. Emily Johnson, a 25-year-old female, presented with complaints of persistent abdominal pain, diarrhea, and fatigue for the past six months. Ms. Johnson works as a graphic designer, spending long hours at her desk. Her medical history is unremarkable, with no known allergies or significant family history of gastrointestinal disorders.

Upon examination, Ms. Johnson reports tenderness in the lower abdomen and frequent loose stools, sometimes with blood. There are no signs of fever or weight loss, but she expresses concern about her symptoms affecting her work performance.

Her sedentary lifestyle and symptoms after thorough examination are indicative of Crohn's disease. Ms. Johnson seeks guidance on managing her symptoms and improving her quality of life. She has already undergone basic investigations, including blood tests and stool analysis, which indicate inflammation. The challenge for participants is to devise an effective treatment plan that addresses Ms. Johnson's unique circumstances.

**CHALLENGE: Develop an innovative and patient-centric treatment plan for Ms. Johnson's suspected Crohn's disease, considering her sedentary occupation, lifestyle factors, and the impact of her symptoms on work productivity. Focus on providing both short-term symptom relief and long-term disease management strategies.**

Please also address the following questions in your response:

1. Recommend dietary modifications or nutritional interventions tailored to Ms. Johnson's condition and lifestyle as a graphic designer, aiming to alleviate her symptoms and optimize nutrient intake.
2. Propose strategies to incorporate physical activity or ergonomic adjustments into Ms. Johnson's daily routine to mitigate the effects of her sedentary job and enhance her overall well-being while managing Crohn's disease.

## EVALUATION FORM

PARTICIPANT: \_\_\_\_\_

EVALUATOR: \_\_\_\_\_

Did the participant:		Below expectations	Meets expectations	Exceeds expectations	Judged score
<b>CURIS KNOWLEDGE</b>					
1	Understanding of dietary modifications for managing Crohn's disease symptoms, including knowledge of trigger foods and recommended nutrient intake.	2	4	6	
2	Familiarity with lifestyle adjustments to support gastrointestinal health, such as recommendations for physical activity, stress management, and ergonomic practices.	2	4	6	
3	Awareness of available resources and support options for patients with Crohn's disease, including referrals for nutritional counseling and support groups.	2	4	6	
<b>CURIS SKILLS</b>					
4	Critical Thinking & Problem-Solving	1	2	3	
5	Communication, Terminology & Professionalism	1	2	3	
6	Creativity & Innovation	1	2	3	
7	Healthcare Oriented Mindset	1	2	3	
<b>TOTAL SCORE</b>					

Total Score	Volunteer Minutes
25-30 points	1 hour
20-24 points	45 mins
15-19 points	30 mins
10-14 points	15 mins