CARE Checklist of information to include when writing a case report 

CARE – Checklist a 13-item checklist for interviews and focus groups

**CARE** stands for **‘CAse REport Guidelines**. It is a set of guidelines designed to improve the reporting of **Case report or Case Series**. It provides a checklist of items that authors should include when reporting their research, with the **aim of enhancing transparency, completeness, and clarity in the reporting Qualitative studies.** Adhering to the **CARE** guidelines helps ensure that key details about study design, conduct, and analysis are adequately communicated, facilitating the critical appraisal and interpretation of research findings.

Author needs to comply with the 13-item checklist for explicit and comprehensive reporting of qualitative studies involving the in-depth interviews and focus groups, develop by Tong et al. and recommended by **EQUATOR** Network and endorsed by the International Committee of Medical Journal Editors (**ICMJE**) to maintain the Uniform Requirements for Manuscripts Submitted to Biomedical Journals.

**[Instruction for Author:** Please go through recommendations all the items, and write the page number of your manuscript where the information is present. Also briefly state the relevant text from your manuscript. Note that completely filled Checklist is mandatory to complete tour submission to JKAHS (Journal of Karnali Academy of Health Sciences)

**Note:** State N/A if some statement is Not Applicable in your manuscript for the particular study design.

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| --- | --- | --- | --- |
| **Topic** | **Item** | **Checklist item description** | **Reported on Page Number with Line Number** |

**Title 1** The diagnosis or intervention of primary focus followed by the words “case report” Page No., Line No.

**Key Words 2** 2 to 5 key words that identify diagnoses or interventions in this case report, including "case report" Page No., Line No.

Abstract

**(no references)**

**3a** Introduction: What is unique about this case and what does it add to the scientific literature?

**3b** Main symptoms and/or important clinical findings

**3c** The main diagnoses, therapeutic interventions, and outcomes

**3d** Conclusion—What is the main “take-away” lesson(s) from this case?

**Introduction 4** One or two paragraphs summarizing why this case is unique (**may include references**)

**Patient Information 5a** De-identified patient specific information

**5b** Primary concerns and symptoms of the patient

**5c** Medical, family, and psycho-social history including relevant genetic information

**5d** Relevant past interventions with outcomes

Clinical Findings

**Timeline**

**Diagnostic Assessment**

**Therapeutic Intervention**

**Follow-up and Outcomes**

1. Describe significant physical examination (PE) and important clinical findings
2. Historical and current information from this episode of care organized as a timeline

**8a** Diagnostic testing (such as PE, laboratory testing, imaging, surveys).

**8b** Diagnostic challenges (such as access to testing, financial, or cultural)

**8c** Diagnosis (including other diagnoses considered)

**8d** Prognosis (such as staging in oncology) where applicable

**9a** Types of therapeutic intervention (such as pharmacologic, surgical, preventive, self-care)

**9b** Administration of therapeutic intervention (such as dosage, strength, duration)

**9c** Changes in therapeutic intervention (with rationale)

**10a** Clinician and patient-assessed outcomes (if available)

**10b** Important follow-up diagnostic and other test results

**10c** Intervention adherence and tolerability (How was this assessed?)

**10d** Adverse and unanticipated events

**Discussion 11a** A scientific discussion of the strengths AND limitations associated with this case report

**11b** Discussion of the relevant medical literature **with references**

**11c** The scientific rationale for any conclusions (including assessment of possible causes)

**11d** The primary “take-away” lessons of this case report (without references) in a one paragraph conclusion

**Patient Perspective 12** The patient should share their perspective in one to two paragraphs on the treatment(s) they received

**Informed Consent 13** Did the patient give informed consent? Please provide if requested . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . **Yes No**