**Peer Teaching’s Guide to CAS**

**Overview**

* Due: 12 Noon – Monday 30th March 2020
* 2500 words (+/- 10%) excluding references (in text references count, reference table at the end does not)
* Word count expressed on first page
* Text - 1.5 or double line spacing, font size 12 Time New Roman or equivalent, page numbers
* Protect patient confidentiality – fake names, vague locations, no dates of birth etc. (Also, no health care professionals’ names)
* Split into sections with recommended headings e.g.
	+ Introduction – 200 words
	+ History and Course of Disease/Disability/Pregnancy – 300 words
	+ Psychosocial Topics (split into the 2 subheadings) – 500 words per topic
	+ Significant Healthcare Event – 500 words
	+ Personal Reflections – 250 words
	+ Learning Points – 250 words

**Top Tips**

* Do it as soon as you can – MPE and deadlines begin to build up, get this one out the way early
* Critically appraise the research papers that you use, they’re not just looking to see if you can find evidence that supports your topic but whether you can describe the strength of that research
* Prepare the right questions and write down at the time what they say (maybe one person is scribe and one ask questions)
* Ask them how it makes them feel or how it has affected them, it’s a psychosocial report!
* Look at the online examples of reports that got a 5, break them apart looking at what sort of things they were writing about and what was included. It’s a great way to get to grips with what’s being asked of you and is what they’re there for.
* Make sure you’re writing in the correct style in each section as they change.

**Aims and Objectives**

You are being asked to look at the **psychosocial** factors which have caused or influence an individual’s chronic illness/pregnancy and the **impact** that this is having.

ADVICE – stick to this objective! It’s easy to go off on tangents whilst talking to and writing about the patient and with a limited word count you need to be concise.

**Home Visits**

Our advice is that you try and get 2 visits completed early on and get as much of the report written based off these visits (preferably over Christmas) this allows you to go back for your third and final visit and fill in the blanks and ask the questions that will help you complete your essay.

BE PREPARED! Go to the appointments with targeted questions that you have written beforehand, it’s not productive to try and make it up as you go along. Obviously, if you discover something important continue questioning them about it. This will give your visits structure allowing them to flow smoothly and will shorten the amount of time needed at their home.

**Introduction to the family**

Fairly straight forward – describe the patient and their family. Keep it concise and to the point, this is an academic report not a painting by words of their family home. You’re simply building the base of your report with key facts that might need to be referred to later.

**History**

Some key ideas to highlight may be;

* Initial complaint – how was it impacting on their lives?
* Diagnosis – when/how/what tests/feelings etc.
* Self-management – how do they manage the condition themselves? Any medications?
* Transitioning/adapting to chronic illness – what have they done to adapt their home/lifestyle around the disease?
* Limitations – what effect does it have on their lives? Partners/families lives? How does this make them feel?
* Disease progression – how has the disease changed since the initial diagnosis?
* Care providers – who helps them? The impact on them?

Often this can take time as dates/events can be confused or given in the wrong order. Draw a timeline with the key dates that they have mentioned and present it back to the patient and ask them to check. It helps to build a progression of the disease which will lead to a more flowing report.

**Psychosocial Topics**

The topics to choose (from the list given on the Minerva document, or otherwise) become obvious after a good psychosocial history has been taken, they are also easy to ask or guide questions on once you gave decided which to do e.g. what impact do you think your condition has had on your ability to exercise? What’s changed? What would you like to occur differently? Do you feel ready to make a change? Etc. etc. there are endless questions to be asked!

The complication comes when trying to find academic articles. It is difficult to search for relevant papers if you’re not asking the right questions or being too vague in your searches. The guidelines are asking for 3 articles for each topic, 6 in total.

A useful outline to writing this section could be:

* *“A paper by [author, date] suggests that there is a link between [illness/disability/pregnancy] and [psychosocial topic], the results showed…”* – article 1
* *“This paper is supported through research by [author, date] who said that this might effect the patient by [insert research results/findings]”* – article 2
* *“When questioned about the impacts, the patient said [insert evidence or maybe quote]. This proves/disproves the evidence by [author, date]”*
* *“[Author, date] suggests that a treatment option for this psychosocial factor may be [insert research]”* – article 3

This is not a definitive way of structuring the section, nor will it guarantee top marks, but it does help highlight one method that you might use to structure this section or for researching papers to use.

Don’t forget to critically appraise the papers that you are using! What kind of study was it? What was the sample size? How closely did the subjects of the study match you patient?

**Literature searching**

As with all academic writing, you have to search existing literature databases for information on your chosen psychosocial topic. These can be accessed via MOLE. Some useful databases include:

* PsycINFO
* Starplus – Library catalogue
* PubMed
* Scopus

**Referencing - HARVARD style**

There are multiple referencing systems that can do this automatically, it’s worth going on Youtube and looking to see you to use them.

If using google scholar there is a ” button underneath each link which allows you to cite. It’s almost the correct format, select the Harvard style and use that in the reference list. Some aren’t always correct but this definitely saves time!

The main examples are below, for more see <http://librarysupport.shef.ac.uk/hsl-dvc1.pdf>

**For a journal article**

In the text

For an in–text citation in your work, you should cite the reference as follows

Dobson (2006) identified that the depiction...
The stereotypical portrayal of cultures...(Dobson 2006).

In the bibliography/reference list

Author of article Surname, Initial(s)., (Year). Title of article. *Title of journal* [online]. Volume in bold(Issue), Page range. [Date viewed]. Available from: doi:

Dobson, H., (2006). Mister Sparkle meets the 'Yakuza': depictions of Japan in The Simpsons. *Journal of Popular Culture* [online]. 39(1), 44–68. [Viewed 5 October 2015]. Available from: doi: 10.1111/j.1540-5931.2006.00203.x

**For a web page**

##### In the text

For an in–text citation in your work, you would cite the reference as follows:

The Met Office (2013) explains the climate...
Climate is the...(Met Office 2013)

##### In the bibliography/reference list

**Author of section Surname, Initial(s)/corporate author., (Year). Title of part [online].** Name of website**. [Date viewed]. Available from: URL**

Met Office., (2013). What do we mean by climate? [online]. Met Office. [Viewed 14 October 2015]. Available from: http://www.metoffice.gov.uk/climate-guide/climate

**For a book (with 2+ authors)**

##### In the text

For an in–text citation in your work, you would cite the reference as follows:

Wallace and Wolf (2006) found that...
Globalization is a theory that has many concepts... (Wallace & Wolf 2006).

##### In the bibliography/reference list

**Author Surname, Initial(s). and Author Surname, Initial(s)., (Year).** Title. **Edition (if not first edition). Place of publication: Publisher.**

Wallace, R. A. and Wolf, A., (2006). Contemporary sociological theory: expanding the classical tradition. 6th ed. Upper Saddle River, N.J.: Prentice Hall.

**Significant Healthcare Event**

A common problem for this section is trying to get the patient to identify an event as it can be difficult to explain what this section of the report is about. Try and give examples without being leading with the question.

The event doesn’t have to be a big, shocking event, but it just might be significant to them - it doesn’t even need to be a negative experience!

Ask whether a specific health care professional has left a lasting impression on them (good or bad) and what their thoughts are on the NHS. This may reveal an insight into an event or may be used as the significant event itself.

Ask what impact that this event has had on the course of their illness and how it affects them emotionally.

**Reflections**

This is you reflecting on what they have said. What has surprised you? How would you feel in that situation? How can you empathise?

This can then lead on to how this experience is going to shape what kind of doctor you would like to become.

**Learning Points**

Give a quick overview of all the skills that you’ve gained from performing this task overall. What have you improved on and what areas of weakness have you identifies? This is just another aspect of reflecting and learning on your experiences which is a crucial skill of being a doctor.

**Submission**

For guidelines see document on Minerva.

This takes time, not to be rushed at the very last minute!

**The Presentation**

Every group does it slightly differently so pay attention to what your tutors say, mostly they are fairly relaxed, and you are simply presenting your report as a quick overview of the patient.

It’s worth rehearsing or dividing up the presentation into sections, so you know what you are each going to say and will help the flow.

When deciding what to say, look through your report which you should have written by that point and simply highlight the key facts from each paragraph and say those. The time spent on each section should probably reflect the number of words written in the report, i.e. more focused on psychosocial topics and significant healthcare events.

Good Luck!

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