

CASE REPORT Abstract Format

Title – The title is a summary of the abstract itself and should convince the reader that the topic is important, relevant, and innovative.

Authors – Include name and degree(s) for all authors and institutional affiliation for the primary author. The authors included should be those who contribute significantly to the intellectual content of the case report.

Introduction - Describe the context of the case and explain its relevance and importance.

- Describe whether the case is unique. If not, does the case have an unusual diagnosis, prognosis, therapy, or harm? Is the case an unusual presentation of a common condition? Or an unusual complication of a disease or management?
- Describe the instructive or teaching points that add value to this case. Does it demonstrate a cost-effective approach to management or alternative diagnostic/treatment strategy? Does it increase awareness of a rare condition?

Case Description - Follow the basic rules of medical communication. Report the case in sequence.

- Describe the history, examination, and investigations adequately. Is the cause of the patient's illness clear-cut? What are other plausible explanations?
- Describe the treatments adequately. Have all available therapeutic options been considered? Are outcomes related to treatments? Include the patient's progress and outcome.

Discussion - Discuss rationale for decisions that were made and the lesson from the case.

- Report a literature review of other similar cases. Describe how this case is different from those previously reported.
- Explain the rationale for reporting the case. What is unusual about the case? Does it challenge prevailing wisdom?
- In the future, could things be done differently in a similar case?

Sample CASE REPORT Abstract - Multiple Authors

Title: **Diaphragmatic Rupture Secondary to Blunt Thoracic Trauma**
Authors: Alexander J. Scumpia, DO, MSc, PGY2; Daniel A. Aronovich, DO, PGY1; Vanitha Vasudevan, MD; Ryan M. Shadis, MD; Mauricio Lynn, MD
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Introduction: Diaphragmatic rupture is a relatively rare injury with a reported incidence of 1 to 7% of all patients following significant blunt trauma. In a review of 1589 patients, Asensio et al reported that 75% had left-sided injuries, 23% had right-sided injuries, and 2% had bilateral injuries. This preponderance for left-sided injuries is thought to be related to the protective effect of the bare area of the liver in contact with the diaphragm in the right thorax. The pathophysiology in blunt trauma is due to the abrupt change in intra-abdominal pressure that is thought to cause the majority of injuries, although shearing and/or avulsion can also occur especially following lateral trauma.

Case Description: We present a case of a 71-year-old African American male, who was involved in a high speed motor vehicle collision, as an unrestrained back seat passenger. He was transferred from a local hospital to a Level-1 trauma center 5 hours after the injury. His chief complaint was left anterior chest wall pain.

On primary survey, his airway was patent and respiratory rate was 16 breaths per minute with an oxygen saturation of 98% on 2 liters oxygen via nasal cannula. Decreased breath sounds as well as bowel sounds were auscultated in the left thorax. Heart rate was 76 beats per minute with a blood pressure of 130/84 mm Hg. Clinically, the patient appeared calm and hemodynamically stable; neurologically, he was non-focal without any deficits. Secondary survey was grossly unremarkable aside from left anterior chest wall tenderness to palpation. Trauma bay chest X-ray demonstrated significant injuries to the left thorax including multiple rib fractures, hemothorax, and diaphragmatic rupture with herniation of bowel loops into the chest cavity. Pelvis X-ray and FAST exam were grossly unremarkable. Upon insertion of a nasogastric tube, repeat chest X-ray demonstrated the nasogastric tube to be in the left upper abdomen coursing upwards into the left thorax and terminating at the level of the left third rib. The patient underwent emergency laparotomy for repair of the diaphragmatic defect. Incidentally, a splenic laceration of the inferior pole was identified, with significant intra-operative bleeding. Successful repair of the diaphragmatic injury as well as splenectomy was achieved without incident.

Discussion: This case illustrates the prompt and accurate diagnosis of diaphragmatic rupture leading to optimal patient outcome.

RESEARCH STUDY Abstract Format

Title - The title should reflect and concisely describe your research project.

Authors - Include name and degree(s) for all authors and institutional affiliation for the primary author. The authors included should be those who contribute significantly to the intellectual content of the research project.

Background - Why is the topic you have selected a problem that needs to be addressed? What is missing from the field of study that your study is going to address? Provide a one-sentence summary of the rationale for the study question.

Objective(s) - What does this study intend to resolve? Provide a one-sentence description (e.g., "To determine...", "To establish...") of the study's primary objective. Authors may choose to include key secondary objectives.

Methods - A short paragraph discussing the design, setting, patients, and interventions (Refer to the descriptions below). This section describes how the study was carried out.

- o **Design** - A statement of the study's basic design (e.g., randomized controlled trial, double-blind, cohort, survey, cost-effectiveness analysis). Note: Make sure you include in the design statement a notation that the research study was approved by the IRB (institutional review board)
- o **Setting** - A one-sentence description of the clinical circumstances of the setting (e.g., general community, primary care center, hospitalized care).
- o **Patients (or other participants)** - A brief description of the key eligibility criteria of the study's participants. The total number of the participants must be included and how many participants were included in each group of the study (i.e., study group(s), control group).
- o **Interventions** - A brief description of any interventions administered (e.g., OMM, medications, etc.).
- o **Main Outcome Measure(s)** - A brief description of the study's outcome measurements (e.g., blood pressure, symptom scores, patient satisfaction scales).

Results - A brief summary of the main results along with declarations and explanations of any important findings. Authors should include the study's relevant statistical information (e.g., confidence intervals, levels of statistical significance).

Conclusion - How does this study add to the body of knowledge on the topic? Provide a brief summary of the study's conclusions directly supported by the

reported evidence. Authors may include clinical applications and any recommendations for additional study.

Sample RESEARCH STUDY Abstract - One Author

Title: **The Relationship Between Degree of Malnutrition and the Staging of Sacral Decubitus Ulcers**

Author: Gabriel Betancourt, DO, PGY2
Family Medicine Residency Program, Larkin Community Hospital

Background: Decubitus ulcers, otherwise known as pressure ulcers or bedsores, are injuries to the skin and underlying tissue usually over bony prominences as a result of prolonged pressure to the affected area. One of the most common sites of decubitus ulcer formation is over the sacral area. Malnutrition has been linked as a predisposing risk factor for the development of decubitus ulcers. However, the relationship between the degree of malnutrition and the stage of sacral decubitus ulcers has not been well established.

Objective: The objective of this study is to determine the extent to which the stage of a patient's sacral decubitus ulcer and a patient's nutritional status are related.

Methods: This study was designed as a retrospective cross-sectional study using data previously gathered for patient care. The patient data used in this study was selected using the following criteria: 1) The patient must have been admitted to Larkin Community Hospital between January 1, 2011 and December 31, 2011 with a sacral decubitus ulcer at the time of admission as documented by Larkin Community Hospital's Wound Care Team. 2) The patient must have had a serum Prealbumin Level drawn within 24 hours of admission to check his/her nutritional status. A total of seventy-six patients met these criteria. The research data was gathered using Larkin Community Hospital's electronic medical record system.

Results: Using the data gathered, a correlation coefficient of -0.65 was calculated indicating a strong inverse relationship between a patient's nutritional status and the stage of his/her sacral decubitus ulcer. Patients with lower Prealbumin Levels were more likely to have higher stages of Sacral Decubitus Ulcers.

Conclusion: The results of this study suggest that nutrition plays a crucial role in the development and progression of decubitus ulcers. Patients, who were severely malnourished, were much more likely to have Stage 4 Sacral Decubitus Ulcers, while patients, who were only mildly malnourished, were much more likely to have Stage 1 Sacral Decubitus Ulcers. This study reaffirms the need to feed patients, who have decubitus ulcers or are at risk of developing decubitus ulcers, a diet rich in protein to help treat and/or prevent the formation of decubitus ulcers.