

## Regional Workshop on Case Report Writing for Ayurveda Scholars: A Report

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A one-day Regional workshop on 'Case Report Writing' organized by Association of Ayurvedic Physicians of India (AAPI) in collaboration with Department of Trauma Surgery, King George's Medical University (KGMU), Lucknow, and Association of Research Professionals(ARP), Lucknow, was held on 22<sup>nd</sup> of December 2017, at Kalam Center, KGMU, Lucknow, India. The event was attended by over 40 PG Scholars and medical officers from different branches of Ayurveda belonging to different regions of northern India.

### **The Workshop**

The workshop included three sessions: first- an inaugural session, second- a symposium of introductory lectures, and third- a 'hands-on session' on writing and evaluating the case-reports.

### **Inaugural Session:**

The inaugural session was presided over by Prof. Sandeep Tiwari, Professor & Head, Department of Trauma Surgery, KGMU, Lucknow. He talked about the importance of reporting rare clinical presentations and innovative interventions in the form of case reports in scholarly journals so that others working in the field would know about it, which in turn may lead to the generation of new hypothesis and subsequent clinical trials. Dr. Sanjeev Rastogi, Former Director, Rashtriya Ayurveda Vidyapeeth , Ministry of Ayush , New Delhi and senior editor, Annals of Ayurvedic Medicine , delved upon the current scenario

of published literature on Ayurveda clinical research laying special emphasis on the case reporting. He deliberated on the importance of writing a case report keeping Ayurveda principles in mind. Prof. JS Tripathi, Head of the Department of Kaya Chikitsa, Banaras Hindu University while introducing the vision, mission and accomplishments of AAPI, stressed that how AAPI is trying hard in the direction of grooming up the young clinicians and researchers by providing them with the required training in various areas of academic interest.

### **The Symposium**

The first talk in the symposium was by Prof. Sameer Mishra of the Department of Trauma Surgery, KGMU, who spoke on the importance of 'Case-based teaching/learning'. He said that research is the process of re-searching for information relevant to clinical use. He highlighted the importance of taking complete clinical history of the patient including the thorough clinical examination. He elaborated the point with suitable examples he experienced in his practice. The second lecture was by Dr. Arindam Bhattacharya, Former Special Secretary, Medical Education to Govt. Of Uttar Pradesh who emphasised on 'Narration and Writing in Medicine'. He mentioned about the six distinguishable stages of evolution of case report writing in the history of medical literature. This was listed as Hippocratic writing, Galenic writing, Earliest modern medicine case reports, Structured Case writing, Freudian reports, and contemporary scenario of case reports. While mentioning that the medicine is an art, he expressed his

concerns about a declining interest for language and literature among the present-day medical students.

The third lecture by Dr. Sanjeev Rastogi focused upon the 'Importance of case report writing'. He discussed many of his experiences of writing case reports for different journals of international repute. He underlined how each case report may have a different appeal by putting a suitable point of argument. He gave various examples from the published literature to clear his point. He further discussed the editor's and author's perspectives of a written case report.<sup>1-5</sup>

Prof. Kishor Patwardhan, Department of Kriya Sharir, Banaras Hindu University then delved on the topic 'Selecting the right kind of scholarly journal' for publishing one's work. He described different practical criteria that are helpful in evaluating the quality of a scholarly journal. He specially warned about bogus journal metrics, fake peer-review and predatory journals. While discussing the process of peer-review and its importance, he stressed upon the correct method of responding to reviewer comments.<sup>6</sup>

In the afternoon session, Prof. Kishor Patwardhan introduced 'CaRe guidelines for case reporting'. He elaborately described the 'CaRe checklist' and describe each item in it with suitable examples.<sup>7</sup> He described the methods of preparing the timeline by using the template as given in the CaRe guideline.

The next session was taken up by Prof. JS Tripathi where he shared interesting cases like Multiple Sclerosis, Avascular Necrosis, Post-Traumatic Stress Disorder (PTSD) and Cerebro Vascular Accident (CVA), from his clinical experience which had a potential of being converted as reports.

### **Hands-on Session**

This was the most interesting session of the workshop wherein the participants were divided into four groups of about 10 individuals in each. Each group was handed over with a different case reports obtained from different sources

and the participants were asked to evaluate the reports based on CaRe guidelines. After the completion of group activity, each group was asked to present their observations before the resource persons and other participants. This session lasted for about two hours and the participants gained the exposure to the common errors in writing the case report and got a practical view of correct method of writing the case report.

Considering the fact that awareness about case report writing among the individuals in the Ayurveda fraternity is still at a primitive stage, this workshop definitely proved to be a first of its kind where a collaboration of experts from biomedicine was also evident. A feedback session revealed the need for organizing such workshops at various institutions periodically so that young clinicians of Ayurveda can be motivated to write good case reports of optimal standard.

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