

## **Klinghardt Institute Foundation Level Exam: Guidance Notes for Case Studies**

As part of the Foundation Level Exam you will need to submit 3 case studies of patients you have tested to demonstrate your A.R.T. Assessment skills. Please choose 3 different clients, with at least one being a new A.R.T. patient and at least one a follow-up consultation.

For each Case Study you will need to submit the following:

- Completed Case Study Template (provided)
- Completed Assessment form (provided)
- Personal Plan (the programme you would give to the patient)

### **The Case Study Template**

The Case study template consists of 3 parts and once completed is to be submitted online. Your account details for the examination portal will be sent to you.

Part 1 - Client information

Part 2 - Analysis of your A.R.T. Assessment

Part 3 - The recommendations given to the client

Part 1 should include the patient's age and gender; their health goals; symptoms; any medical information such as diagnoses, test results, prescribed medications; and any general comments about their story that you feel is relevant to your assessment.

Part 2 is an opportunity for you to explain your consultation process, what the testing showed, your thought processes as you went through the assessment and your interpretation of what you found. This provides a space to demonstrate your knowledge

Part 3 is a summary of the instructions you then gave to your client, what you wanted them to do and how to implement the protocol you developed for them.

Overall, we are looking to see that you understand the process, are able to conduct a safe and effective A.R.T. assessment from start to finish, and have good knowledge of the protocols, remedies and techniques.

### **The Completed A.R.T. Assessment Form**

An A.R.T. Assessment template is available for you to download to record your findings as you go through your assessment. This will help guide you through the process and support the Case Study Template. A sample completed form is available for you to see how to document findings as you test.

## **The Client's Programme**

Please submit the written programme that you would give to your client following their A.R.T. session with you. This can be in whatever format you would normally use in your own practice and doesn't need to follow any specific structure. Please anonymise or just use initials for the client's name.

Ensure that you use the A.R.T. processes that are permitted within your own scope of practice, so for example, don't recommend medical drugs if you are not licensed to do so.

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