

CARE Checklist

CARE Checklist of information to include when writing a case report

Topic	Item	Checklist item description	Reported on Line
Title	1	The diagnosis or intervention of primary focus followed by the words "case report"	<i>Title Page</i> (1-5)
Key Words	2	2 to 5 key words that identify diagnoses or interventions in this case report, including "case report"	[18-22](Under Abstract)
Abstract	3a	Introduction: What is unique about this case and what does it add to the scientific literature?	[17-21] (Abstract - Background)
(no references)	3b	Main symptoms and/or important clinical findings	[23-24] (Abstract - Case)
	3c	The main diagnoses, therapeutic interventions, and outcomes	[24-31] (Abstract - Case)
	3d	Conclusion-What is the main "take-away" lesson(s) from this case?	[33-35] (Abstract - Conclusion)

Introduction	4	One or two paragraphs summarizing why this case is unique (may include references)	[37-53] (Introduction Sections)
Patient Information	5a	De-identified patient specific information.	[56-63] (Case Presentation Headings)
	5b	Primary concerns and symptoms of the patient.	[62-66] (Maternal / Infant Histories)
	5c	Medical, family, and psycho-social history including relevant genetic information	[59-61,67-72] (Maternal / Infant Histories)
	5d	Relevant past interventions with outcomes	[77-94] (Infant History - GERD trials/malnutrition)
Clinical Findings	6	Describe significant physical examination (PE) and important clinical findings.	[83-85] (Infant History - Paragraph 2 evaluation summary)
Timeline	7	Historical and current information from this episode of care organized as a timeline	[56-98] (Integrated sequentially within prose)
Diagnostic Assessment	8a	Diagnostic testing (such as PE, laboratory testing, imaging, surveys).	[67-70,85-98] (Surveys, FTT Labs, Home Sleep Video)

	8b	Diagnostic challenges (such as access to testing, financial, or cultural)	[107-108] (Bypassing iron labs to spare infant pain)
	8c	Diagnosis (including other diagnoses considered)	[67-68.97-98] (RLS/PLMD, ADHD, Autism, vs. GERD/Colic)
	8d	Prognosis (such as staging in oncology) where applicable	N/A
Therapeutic Intervention	9a	Types of therapeutic intervention (such as pharmacologic, surgical, preventive, self-care)	[100-101] (Intervention and Outcomes - Pharmacologic)
	9b	Administration of therapeutic intervention (such as dosage, strength, duration)	[101-102] (Intervention - Gabapentin 50mg to 100mg titration)
	9c	Changes in therapeutic intervention (with rationale)	[100-102] (Intervention - Titration based on clinical sleep data)
Follow-up and Outcomes	10a	Clinician and patient-assessed outcomes (if available.)	[109-113] (Intervention - Sleep consolidation, intake tracking)

	10b	Important follow-up diagnostic and other test results	[116-121] (Intervention - Catch-up growth trajectory, Autism test)
	10c	Intervention adherence and tolerability (How was this assessed?)	[100-102,108-110] (Intervention - Caregiver tracking of clinical response)
	10d	Adverse and unanticipated events	[108] (None reported; well tolerated)
Discussion	11a	A scientific discussion of the strengths AND limitations associated with this case report.	[124-131] (Discussion Points 1, 3, & 5)
	11b	Discussion of the relevant medical literature with references.	[133-173] (Discussion Sections 1–5)
	11c	The scientific rationale for any conclusions (including assessment of possible causes)	[123–173] (Discussion Sections 1–5)
	11d	The primary "take-away" lessons of this case report (without references) in a one paragraph conclusion.	[174–179] (Conclusion Section)

Patient Perspective	12	The patient should share their perspective in one to two paragraphs on the treatment(s) they received.	[109-121] (Caregiver-reported observations integrated into outcomes)
Informed Consent	13	Did the patient give informed consent? Please provide if requested	Yes (Reported on Lines [185-187,193-195] under Declarations)