

Finding case studies: A quick guide for Public Health and ICB staff

INTRODUCTION

Case studies provide real world examples of services or interventions. They may include a description of the service or intervention and list the impacts/challenges associated with it.

WHERE CAN I FIND CASE STUDIES?

Case studies are derived from several sources:

- Case study sources checklist (see below).
- Reports and documents relevant to the topic. Some documents have case studies interspersed throughout or include a case studies section. Please [contact us](#) for a copy of our document sources checklist.
- Royal Colleges relevant to the topic.
- Websites of charities or organisations relevant to the topic.
- Annual reports and impact evaluations.

HINTS AND TIPS

- Case studies may be called a variety of things, e.g. practice examples, shared learning, project reports, and best practice.
- Depending on the topic, using the case study sources checklist alone will not always yield the most results. For thoroughness, search a variety of sources as listed above.

CASE STUDY SOURCES CHECKLIST

SOURCE	COMMENTS
Academy of Fabulous Stuff	A repository of health and social care ideas, services and solutions. Search using the search box on the homepage.
Arden and GEM	Examples of innovative solutions to improve health and wellbeing, the quality of health services, and the sustainability of resources.

Culture Health and Wellbeing Alliance	Examples of arts, creativity and heritage impacting health and wellbeing.
eWIN Workforce Information Network	Best practice relating to workforce development, efficiency and productivity. Under Resource type on the right-hand side, ensure that the Case Study box is checked.
FutureNHS Case Study Hub	Examples of best practice and learning from across the health and social care sector. <i>This site requires you to register before accessing the resources.</i>
The Health Foundation	Independent charitable organisation working to improve health.
Healthcare Quality Improvement Partnership	Case studies relating to quality improvement.
Local Government Association	Case studies highlighting innovation in local government. There is also a dedicated case study section on equalities, diversity and inclusion .
NHS Confederation	Case studies relating to partnership working, improving population health, delivering high-quality care and reducing health inequalities. Under Content type on the left-hand side, ensure that the Case study box is checked.
NHS Employers	Case studies relating to workforce development and staff health and wellbeing.
NHS England	There are also case study collections relating to the following: • Ageing well • Cancer • Diabetes • General Practice • Integrated care • Learning disability and autism • Mental health • Nursing and Midwifery COVID-19 Catalogue of Change • Primary care
NHS England Digital Playbooks	Examples of technologies solving real-world problems. There are playbooks relating to cardiology, ENT, mental health, MSK, eye care, respiratory, rheumatology, dermatology, gastroenterology, cancer, renal, perioperative, open source and workforce.

NHS England Workforce, Training and Education	Case studies relating to workforce, training and education. Search using the search box on the homepage.
NHS Long Term Plan	Case studies relating to cancer, cardiovascular, diabetes, digital, integrated care, learning disabilities, maternity, mental health, personalised care, primary care, stroke, and urgent and emergency care.
NHS Providers	Case studies relating to the delivery of high-quality, patient-focused care.
NICE in-depth articles	Examples of how NICE guidance is supporting effective decision making. <i>This has replaced the NICE shared learning database.</i>
National Association of Primary Care	Case studies from primary care.
National Lottery Community Fund	A searchable library of case studies from projects in the community. Under Document type on the left-hand side, ensure that the Case Study box is checked.
The Patient Experience Library	Publications on patient experience and involvement. Search by typing the subject into the general search box or by clicking one of the Topics boxes. Look for case studies and evaluation reports.
Think Local Act Personal	Case studies relating to personalisation, co-production and community-based support.
UKHSA Practice Examples	Practice examples of developing and implementing public health programmes and projects.
What Works Wellbeing	Case studies with a focus on improving and measuring the wellbeing of people and communities.

CASE STUDIES RESULTS TABLE

This is an example of how to present the results of a case study search. The column headings can be tailored to the search e.g. Location/Project/Service.

CASE STUDIES: DIGITAL HEALTH INTERVENTIONS

<u>Location/Project/Service</u> (delete as appropriate)	<u>Description</u>	<u>Findings</u>
NHS Weight Loss Plan app Parr, A. (2021) <i>Better Health campaign. Phase 1: evaluation of the NHS weight loss plan app</i>. Public Health England	Public Health England's (PHE) <i>Better Health</i> campaign supports weight management and health behaviours amongst people living with overweight and obesity, and in particular men aged 40 years and over, lower socioeconomic groups, Black, Asian and Minority Ethnic groups and those living with long-term health conditions. As part of the campaign, PHE developed an updated version of the 12-week NHS Weight Loss Plan as a mobile app. The app includes: • BMI calculator. • Daily diary tracking food and calorie intake, amount of fruit and vegetables, and minutes of physical activity. • Daily calorie target based on the height, weight, age and gender data. • Goal setting function. • Variety of magazine style weight management guides in line with current government advice on healthy eating. • Range of links to other programmes that support healthy behaviours such as Couch to 5K.	<u>Reported impact</u> • All users who started the 12-week plan reported a statistically significant mean reduction in weight of 2.4%, with 17.1% of starters reporting a clinically significant reduction in weight (5% or more of their body weight). • Of those who completed the 12-week plan, 94% reported some weight loss, with a statistically significant average reduction of 6.5%. 64.2% of these users reported a clinically significant reduction in weight (5% or more of their body weight). • Average weight loss of users who completed the 12-week plan aged 30 to 39 years was 7.3%, whilst 40 to 49 year olds lost 6.9% and 50 to 59 year olds lost 6.3%. • Users of all ethnicity groups who completed the plan reported a reduction in weight, with the most weight loss reported by Black African (6.72%) and White (6.54%) users. • Approximately a third of users reported increased fruit and vegetable consumption and an increased amount of physical activity (36% and 34% respectively) over the 12 weeks. • 67% of completers continued to use the 12-week plan past 12 weeks.

		<u>Reported challenges</u> • There was a large drop off between those downloading and starting the 12-week plan, and between those who started and completed the plan, highlighting a need to understand the barriers to starting, and the high attrition rates once using it.
--	--	--

List the sources you have used to complete the search.

Search completed by	Sources searched
Name: Job Role: Email: Date:	Health Foundation Health Innovation Network Local Government Association NHS Confederation NHS England UK Health Security Agency

Contact

Amy Pellow

Assistant Librarian Evidence Support



Amy.Pellow1@nhs.net

Library and Knowledge Service

Sherwood Forest Hospitals NHS Foundation
Trust



library.sfht@nhs.net



<https://lks.sfh-tr.nhs.uk/>



[@SFHTLibrary](https://twitter.com/SFHTLibrary)



[@sfhtlibrary.bsky.social](https://bsky.app/profile/sfhtlibrary.bsky.social)

October 2025