

## Medicine Writing Week

### Rosemary McQueen

#### Notes:

**Assume that today's date is 8 June 2018.**

You are a Paediatric doctor at Brightford Hospital. You have been responsible for the care of Rosemary McQueen who was recently admitted with abdominal pain.

#### PATIENT DETAILS:

**Name:** Rosemary McQueen  
**Marital status:** Single  
**Residence:** Briarwood Cottage, Lower Lane, Brightford  
**DOB:** 15 Feb 2004 (15 years)  
**Next of kin:** Mother (Alison) age 45, (piano teacher)

#### Social background:

Attends High School – good results  
Leisure activities: basketball, swimming (stopped May 2018 – ‘too tired’), plays piano and flute  
Good relationship with family (two younger sisters)

#### Past medical history:

Born premature (maternal diabetes)  
Bronchiolitis at 1 year old  
Intermittent asthma (Albuterol when needed)  
No surgeries  
No allergies

**Family history:** Mother: diabetes mellitus type 2, hypertension  
Father: Crohn's disease

#### 06 Jun 2018: Admission to A&E

##### Presenting problem:

Persistent diarrhoea, (“greasy” stools), abdominal pain, blistering rash over elbows, knees and buttocks  
Weight loss reported (2.5kg in the past 2 weeks), easy bruising  
Vital signs: BP: 108/70 mmHg, P: 74 beats/min, T: 37° C, RR: 16 breaths/min

**Diagnosis:** Celiac disease

**Treatment & test results:**

CBC: haematocrit 25% (anaemia), MCV 84 fL, WBCs 3,500/ $\mu$ L

**06 Jun 2018:** platelets 118,000/ $\mu$ L (low WBC and platelets)  
PT & aPTT: both prolonged  
Calcium 6.6mg/dL (low)  
Stool culture, WBCs, Ova/Parasites: negative, no blood  
Sudan black stain positive for steatorrhea  
All antibody tests (antitissue transglutaminase, antiendomysial, antigliadin) positive  
Transferred to paediatric unit

**08 Jun 2018:** Small bowel biopsy performed to exclude bowel wall  
lymphoma - characteristic findings of flattened intestinal villi and lymphocyte infiltration  
All gluten to be removed from diet

**Medications:** Ferrous Sulphate 200mg PO q12hr (comm. 07.06.18)  
Albuterol 2 puffs inhaled PO q8h

**Nursing management:**

Gluten-free diet  
Check medication compliance, vital signs

**Medical progress:**

Good  
Diagnosis confirmed, differential diagnosis excluded

**08 Jun 2018:** Pt. ready for discharge

**Discharge plan:** Eliminate gluten from diet  
Ferrous Sulphate for <6 months.  
Gluten-free diet  $\rightarrow$  gradual resolution of symptoms  
Repeat antibody titres (6 weeks' time), CBC and calcium level  
Refer to dietician

**Writing Task:**

Using the information given in the case notes, write a referral letter to Dr Jones, a dietician at Brightford General Hospital, for further management of Rosemary's gluten-free diet. Address the letter to Dr Barbara Jones, dietician, Brightford General Hospital, Brightford.

**Make a plan!**

**Remember the 5 questions for planning:**

- 1) Who am I writing to?
- 2) What do they already know?
- 3) What do they need to learn to continue care?
- 4) Why am I writing today?
- 5) Is it urgent?

Combine these questions with the concept of paragraph function:

<b>Introduction</b>	The purpose must be immediately clear <ul style="list-style-type: none"> <li>- Name</li> <li>- General medical context</li> <li>- General purpose</li> </ul>
<b>Timeline 1</b>	Tells the story from the past up to the present, sometimes including the present. It depends on the story.
<b>Timeline 2</b>	Current condition
<b>Background - Medical</b>	Conditions, family history, medications
<b>Background - Social</b>	living situation, relationships, job, lifestyle
<b>Request</b>	The purpose is expanded. Detail required here.

<b>Introduction</b>	<ul style="list-style-type: none"> <li>- Rosemary McQueen</li> <li>- celiac disease</li> <li>- request: manage gluten-free diet</li> </ul>
<b>Timeline 1</b>	<p>6<sup>th</sup> June: admission &amp; test results, diagnosis</p> <ul style="list-style-type: none"> <li>- summary of presenting symptoms</li> <li>- diagnosis</li> <li>- summary of test results - calcium, sudan black stain, All antibody tests (antitissue transglutaminase, antiendomysial, antigliadin) positive</li> </ul>
<b>Timeline 2</b>	<p>8th June: exclusion testing</p> <ul style="list-style-type: none"> <li>- biopsy &amp; results</li> <li>- Ferrous sulphate</li> <li>- gluten - free diet commenced - good progress</li> </ul>
<b>Background</b>	<ul style="list-style-type: none"> <li>- father - Crohn's</li> <li>- asthma / albuterol</li> </ul>
<b>Request</b>	<p><b>Request:</b></p> <ul style="list-style-type: none"> <li>- Eliminate gluten from diet</li> </ul> <p><b>Inform:</b></p> <ul style="list-style-type: none"> <li>- Ferrous sulphate</li> <li>- Revisit tests</li> </ul>

Write your introductions and send to [paul@set-english.com](mailto:paul@set-english.com)