

1. Quick read of the case notes as a class
2. Discuss letter structure & case notes required
3. Create detailed plan

Peter Dunbar:

What is his situation?

Transfer letter

Non compliant

Diabetes

Occupational English Test

WRITING SUB-TEST: NURSING

TIME ALLOWED: READING TIME: 5 MINUTES

WRITING TIME: 40 MINUTES

Read the case notes and complete the writing task which follows.

Notes:

You are the nurse in a Community Health Centre. A patient you have been monitoring is moving to another city to live with his daughter.

PATIENT DETAILS:

Name: Mr Peter Dunbar
DOB: 18.03.1932

Current medication:

Metformin 500mg t.d.s (oral hypoglycaemic)
Ramipril 5mg daily (anti-hypertensive, ACE inhibitor) – for hypertension
Warfarin variable 3-5mg (anti-coagulant)
Sotalol 40mg daily (beta blocker)

Treatment record:

- September 2017** Diagnosed with type 2 diabetes August 2016. Fasting blood sugar levels (BSL) = 9
GP recommended dietary management: low-fat, low-sugar, calorie restriction; limit alcohol. ↑Exercise
Pt lives at home with wife. Wife cooks. Wife managing dietary requirements, but Pt likes 2-3 glasses wine with meals
- December 2017** Wife deceased. Pt depressed/grieving. Referred back to GP for monitoring/medicating
Fasting BSL = 9. Pt non-compliant with diet. Excessive fat, salt, sugar, alcohol (wine/beer)
- March 2018** GP prescribed metformin (oral hypoglycaemic agent). Now Pt cooking for self – non-compliant with diet. Non-compliant with medication. Blames poor memory
Pt appears unmotivated. Resents having to take medication: 'always been healthy'
Takes medication intermittently; encouraged to take regularly
Educated regarding need for regular medication and potential adverse effects of intermittent dosing
Discussed strategies of memory aids
- June 2018** Pt hospitalised (City Hospital, Newtown) with myocardial infarction (MI) following retrosternal pain, nausea/vomiting, dizziness, sweating. Confirmed by ECG
Treatment: aspirin, streptokinase infusion. Prescribed ramipril 5mg daily. Diagnosed with atrial fibrillation post MI – commenced sotalol and warfarin
- June-Aug 2018** Pt attended twice weekly

October 2018 Pt now walking with a stick. Signs of diabetic neuropathy. Poor exercise tolerance. Restricted mobility
Non-compliance with diet continues. Still self-catering. Discussed alternatives e.g., community-based meal delivery service; moving in with adult children (son/daughter); retirement village
Had respiratory infection 2 wks ago. Amoxicillin prescribed. Pt discontinued all other medication as felt unwell. Resumed medications but still only taking intermittently
Again provided education re importance of adherence to drug regimen

22 January 2019 Pt attended with daughter. Pt moving to Centreville to live with daughter & her husband.
Daughter will cook – requires education re Pt needs & monitoring
Daughter advises that Pt resistant to dietary alterations and medication regimen.
Still misses or doubles dose – all medication. Refuses to reduce salt, sugar, alcohol, fatty food
Pt continues to require monitoring & encouragement
Letter to transfer the Pt to the care of the community health nurse in Centreville, where the Pt is moving to live with his daughter

Writing Task:

Using the information given in the case notes, write a letter to the Community Health Nurse in Centreville, outlining the patient's history and requesting ongoing monitoring. Address the letter to the Community Health Nurse, Eastern Community Health Centre, 456 East Street, Centreville.

In your answer:

- Expand the relevant notes into complete sentences
- Do not use note form
- Use letter format

The body of the letter should be approximately 180–200 words.

Introduction	<ul style="list-style-type: none"> • ‘ongoing monitoring’
Timeline	<ul style="list-style-type: none"> • August 2016: diagnosed with type 2 diabetes • December 2017: Wife dies and becomes non compliant (grief?) • March 2018: <ol style="list-style-type: none"> a. Metformin b. Still non-compliant c. Blames poor memory d. Unmotivated e. Educated f. Memory aids • June 2018: hospitalised MI • Diagnosed with atrial fibrillation after MI • Condition worsens: signs of diabetic neuropathy • Mobility: walking stick
Current condition	<ul style="list-style-type: none"> • 22 Jan: attends clinic with daughter • Still non-compliant: missing doses and double dosing • Refuses to reduce – salt, sugar, fat and alcohol •
Medication paragraph	<ul style="list-style-type: none"> • All detail of medication
Requests	<ul style="list-style-type: none"> • ‘ongoing <u>monitoring</u> & encouragement’ • Educate daughter

Homework: write introduction and email to alain@set-english.com

