

OET Nursing Writing Week

Olivia Hawthorne

The task is: *Write a letter to a healthcare professional requesting continuation of care for a patient.*

200 words

Family v OET writing task

Family : subject is familiar – easy to organise

OET: blood tests / diseases / blood pressure / infection / fracture

Planning

10 - 15 minutes:

- Find the purpose
- Identify the case notes you will use
- Organise the case notes into logical paragraphs

What is the situation after the above steps?

I can **focus on writing** = Perfect circumstances in which to write a letter

Introduction	<ul style="list-style-type: none"> • patient name • general medical context • general request/purpose
Timeline	<ul style="list-style-type: none"> • Say what happened from the beginning of this medical context • Go towards the present
Timeline - Current	<ul style="list-style-type: none"> • How the patient is now
Background - medical	<ul style="list-style-type: none"> • Unrelated but possibly useful information regarding health/medication
Background – social	<ul style="list-style-type: none"> • General lifestyle: Drinking/smoking , living situation, work etc
Request	<ul style="list-style-type: none"> • Specific detail about what we want - actions to continue care

Identifying Purpose & Choosing Case Notes:

Ask yourself these questions about Olivia Hawthorne case notes:

1. Who am I writing to?	Consultant obstetrician
2. What do they already know?	Gynae – expert / good general medical knowledge They don't know the patient
3. What do they need to know in order <u>to</u> <u>continue care</u>?	reason for referral medical history – gynae medical background social?
4. Why am I writing <u>today</u>?	today – appointment - problem
5. Is it urgent?	no

Notes:

Ms Olivia Hawthorne is a patient at your practice where you are a nurse. She has come to have her intrauterine device (IUD) removed.

PATIENT DETAILS:

Name: Olivia Hawthorne
DOB: 01.04.79 (40 years old)
Address: 31 Rawley Crescent, Lowtown

Social background:

Married; 2 sons (7 and 5 y.o.)
Active lifestyle: yoga teacher (9 years); swims 3x/week
Non-smoker; social drinker; vegan diet

Family history: Father – Parkinson's disease

Medical history: G3P2 (3 pregnancies, 2 live children)

2007: Proximal DVT – R leg (28 y.o.) while long hours in stressful office job (lots of air travel)
2008: Iron deficiency anaemia
2009: Menorrhagia & dysmenorrhea diagnosed
2012: Third degree perineal tear
2014: Elective C-section

Medications: Warfarin (ceased 2008)
Ferrous sulphate 200 mg/day mane

Reason for presenting:

Removal of IUD as currently ineffective for menorrhagia & dysmenorrhea

Treatment Record

16.04.07 Proximal DVT in R leg diagnosed; warfarin prescribed; treated successfully, no further issues
21.04.09 Menorrhagia and dysmenorrhea diagnosed – menstrual bleeding = 10 days; Cerazette (desogestrel) prescribed
22.04.11 Ceased Cerazette to conceive child 1
26.09.12 Menorrhagia and dysmenorrhea worse than pre-pregnancy
Combined pill Cilest prescribed
02.06.13 Ceased Cilest to conceive child 2
10.04.15 Menorrhagia returns with menstrual cycle
IUD Mirena coil inserted

21.04.18	Menorrhagia improved; no more dysmenorrhea – no menstrual bleeding since fitting Vaginal thrush: Pt treated with Canestan x5 since last appt
02.04.19	Menstrual spotting = 3 months; experiencing menorrhagia and dysmenorrhea; ↑hairiness; ↑greasiness of skin Canestan x5 in last year Removal of IUD with nurse prescribed
06.04.19	Removal of IUD unsuccessful; attempted for 15 mins; unable to locate strings – Pt can't recall last time strings located Pregnancy test administered – negative ? IUD shifted/fallen out Refer to OB/GYN for further investigation + ultrasound

Writing Task:

Using the information given in the case notes, write a letter of referral to Dr Shah, Consultant Obstetrician, for further investigation. Address the letter to Dr Miriam Shah, Consultant Obstetrician, Royal Hospital, Lowtown.

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.

Paragraph Plan

Make a paragraph plan using the planning and discussions in class, using any of the below paragraph functions:

Introduction	Olivia Hawthorne Refer - Locate IUD
Timeline 1	Summarise early conception/contraception/symptoms history
Timeline 2 – Current condition	Detail about current situation
Medical Background	obstetric
Request	? shifted /fallen out Locate IUD Ultrasound

Homework: Write Introductions and send to paul@set-english.com