

Opportunities for information giving?

OET SAMPLE TEST	
CANDIDATE CARD NO. 2	MEDICINE
SETTING	Doctor's Clinic
DOCTOR	This 45-year-old patient has an atypical mole on his/her leg. You have examined the mole and observe that it is dark brown and asymmetrical with an 8mm diameter and an ill-defined margin. You suspect melanoma.
TASK	<ul style="list-style-type: none"> • Find out more about patient's mole (e.g., onset, itchiness, enlarging/changing, bleeding, etc.). • Find out about patient's level of exposure to ultraviolet (UV) light (e.g., sunlight, sunbeds, etc.). • Explain need for referral to dermatology (e.g., further assessment, biopsy, diagnosis, etc.). • Resist patient's request for diagnosis (e.g., need for tests, range of possible diagnoses, no benefit in speculation etc.). Reassure patient about waiting time (e.g., appointment within week, diagnosis as soon as possible, etc.). • Educate patient about skin cancer (e.g., all skin-types prone, UV light cause, especially repeated/sudden/intense UV exposure, etc.). Advise on sun safety (e.g., protective clothing, sunscreen, avoidance of hot sun 10am–4pm, etc.). • Explain next steps (e.g., wait for referral letter, attend appointment etc.).
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ROLEPLAYER CARD NO. 1

NURSING

SETTING Community Health Centre

NURSE You are speaking to a 34-year-old patient who has been referred to you by the doctor for advice on improving his/her wellbeing. He/she has been experiencing problems sleeping and had a panic attack at work.

- TASK**
- Find out about patient's job/routine (weekly schedule, stress levels and its impact on life, etc.).
 - Find out about more details about patient (energy levels, physical activity, dietary pattern, etc.).
 - Outline some ways he/she can improve wellness balance (e.g., adopting a new nutrition program to support energy levels, eating at fixed times, increasing physical activity as an outlet for strains of a busy lifestyle, taking regular breaks at work to avoid feeling overwhelmed, etc.).
 - Encourage the patient to incorporate small, but regular, walking exercises in his/her routine to improve overall health and reduce the risk of developing several other diseases (e.g., diabetes, cardiovascular disease etc.).
 - Say you can provide information leaflets on relaxation/stress management techniques (e.g., mindfulness, deep breathing, yoga, etc.). Confirm patient's availability for a follow-up appointment after 2 weeks.