

1 **Format & Planning** overview

2 Read in Groups: Case Notes

3 Group Plan

## Format

45 mins


5 mins with no writing

Planning time:

- Approx. 10 mins planning
- **30 mins approx.**
- Check: 5 mins

Many times “I ran out of time! I didn’t finish properly”

## 3 Stages of Planning

<b>Understand</b>	<b>Choose</b>	<b>Organise</b>				
<i>How?</i>  Ask <u>critical</u> questions   important / <i>assessment</i>  Example:  1. Reader? Task?  Etc.	<i>How?</i>  We need relevant case notes...  <ul style="list-style-type: none"><li>• <u>Needed</u>: directly connected / essential <b>ALL</b></li><li>• <u>Appropriate</u>: useful, helpful (maybe), indirectly connected (usually) Not essential <b>SOME</b></li></ul>	<i>How?</i>  You cannot have 3 pattern that fits all cases  We need a flexibly structure  <table border="1"><tr><td>Introduction</td></tr><tr><td>????</td></tr><tr><td>?????</td></tr><tr><td>Requests</td></tr></table>	Introduction	????	?????	Requests
Introduction						
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Requests						

**WRITING SUB-TEST: MEDICINE**  
**TIME ALLOWED: READING TIME: 5 MINUTES**  
**WRITING TIME: 40 MINUTES**

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

**Notes:**

Assume that today's date is 17 June 2018

You are a doctor in the Outpatients Clinic of Northwood Hospital. You see a patient who is complaining of a painful hand.

**PATIENT DETAILS:**

**Name:** Betty Weston  
**Marital status:** Divorced  
**Residence:** 59 Atlantic Avenue, Northwood  
**DOB:** 12 Feb 1964 (55 years)  
**Next of kin:** Mother (80 years)

**Social background:**

Occupation: supermarket manager (job: 'y tiring';  
 pt. aware that obesity is aggravating factor), long hours, 'on feet all day'  
 Lives with mother (is caregiver) & 2 of 3 children (sons aged 23 & 25), daughter: married, lives nearby  
 Diet: high-fat, high-calorie, irregular meals (often binges)  
 Leisure: TV, reading - no sports/physical activity

**Past medical history:**

Type 2 diabetes mellitus (2012), hypothyroidism (2015)  
 Obesity  
 Arthrosis  
 Surgeries: 1999 - appendectomy  
 2014 - cholecystectomy (cholecystitis diag. late 2013)  
 Obstetric history: G3P3A0L3  
 Allergies: none  
 Non smoker  
 No alcohol

Outpatient clinic: 10 Jun 2018

**Presenting problem:**

Numbness/tingling in thumb, index & middle finger of R hand (3 wks' duration), sleep disturbed by pain (relieved by moving fingers)  
 Difficulty unscrewing jar tops and gripping glass/cup, objects slip from fingers  
 Pt. denies trauma to R hand or pain in other joints

**Physical examination:**

VS: BP: 132/84 mmHg, P: 78 beats/minute,  
 T: 36°C, RR: 32 breaths/minute  
 Body Mass Index (BMI): 32 kg/m<sup>2</sup>  
 Cardiovascular: normal heart sounds, no murmurs  
 R hand: no swelling, ↓grip strength  
 Phalen's manoeuvre & Tinel's sign: both positive

**Diagnosis:**

Carpal tunnel syndrome

**Medications:**

Metformin 1500mg/day PO divided q8hr with meal (diabetes mellitus)  
 Enalapril 20mg PO qDay (diabetes mellitus)  
 Levothyroxine 25mcg PO qDay (hypothyroidism)  
 Paracetamol 500mg PO, prn

17 Jun 2018

**Review of symptoms:**

Fatigue, cold intolerance, constipation

**Discharge plan:**

Conservative management: night-time wrist splinting (for >3 weeks)  
 Electromyography (EMG), nerve conduction study (NCS) → stabilise severity/exclude other neurologic diagnosis  
 ↓BMI  
 Refer to physical therapy for aerobic fitness & weight-loss program (avoid exercises that cause wrist strain)  
 Continue baseline medication  
 Thyroid Stimulating Hormone (TSH) blood levels: assess need to ↑Levothyroxine  
 Refer to occupational therapy for wrist splint (custom- made, in neutral position) & ergonomics assessment

**Writing Task:**

Using the information given in the case notes, write a referral letter to Ms Goody, a community occupational therapist, for further management of Betty's condition. Address the letter to Ms Alison Goody, Occupational Therapist, Northwood Community Health Centre, Northwood.

**In your answer:**

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

<p><b>Introduction</b></p>	<ul style="list-style-type: none"> <li><b>Management</b></li> </ul> <p>Write this paragraph only: <a href="mailto:alain@set-english.com">alain@set-english.com</a></p>
<p><b>Social / Medical background</b></p>	<p><b>Social background:</b>      Occupation: supermarket manager (job: 'y tiring';      pt. aware that obesity is aggravating factor), long hours, 'on feet all day'      Lives with mother (is caregiver)</p> <p>Diet: high-fat, high-calorie, irregular meals (often binges)      no sports/physical activity</p> <p><b>Past medical history:</b>      Type 2 diabetes mellitus    hypothyroidism      Arthrosis</p>
<p><b>Visit Paragraph</b></p>	<ul style="list-style-type: none"> <li><b>10<sup>th</sup> June</b></li> </ul> <p><b>Presenting problem:</b>      Numbness/tingling in thumb, index &amp; middle finger of R hand (3 wks' duration), sleep disturbed by pain (relieved by moving fingers)      Difficulty unscrewing jar tops and gripping glass/cup, objects slip from fingers      Pt. denies trauma to R hand or pain in other joints</p> <p><i>almost no summary</i>      R hand: no swelling, ↓grip strength      Phalen's manoeuvre &amp; Tinel's sign: both positive</p> <p>Medication: only things directly related (paracetamol)      Flexible: list names without dosage (short)</p>
<p><b>Requests</b></p>	<ul style="list-style-type: none"> <li>Management</li> <li>Expand:              Ergonomic assessment / wrist splint</li> <li>Please note: Physio appointment</li> </ul>