- 1 Review
- 2 Look at your work
- 3 Next assignment

Betty Weston

CTS

55

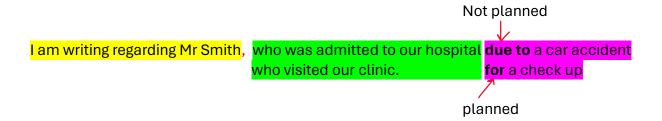
Referral to OT

3 Stages of Planning

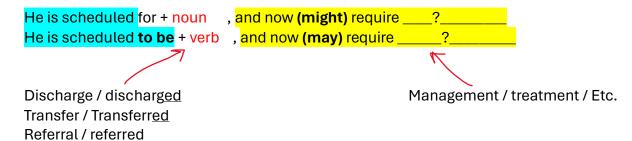
Understand	Choose	Organise
How?	How?	How?
Ask <u>critical</u> questions	We need relevant case notes	You cannot have 3 pattern that fits all cases
important / assessment	 <u>Needed</u>: directly connected / 	We need a flexibly structure
Example:	essential ALL	Introduction
1. Reader? Task?	Appropriate: useful, holpful (maybe)	????
	helpful (maybe), indirectly	::::
Etc.	connected (usually) Not essential SOME	?????
		Requests

INTRODUCTION

S1: WHO / WHERE / WHY



S2: LETTER TYPE / PURPOSE



You writing to UPDATE a GP

No reader TASK! Say 'might' and giver very general suggestion

A follow up = informal

A follow up appointment = formal

WRITING SUB-TEST: MEDICINE

READING TIME: 5 MINUTES TIME ALLOWED:

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

Betty Weston Name: Marital status: Divorced

59 Atlantic Avenue, North Residence: 12 Feb 1964 (55 years) DOB: Mother (80 years) Next of kin:

Social background:

Occupation: supermarket manager (job; 'v 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)

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/fingling 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

Physical examination: VS: BP: 132/84 mmHg, P: 78 beats/minute, T: 36°C, RR: 32 breaths/minute Body Mass Index (BMI): 32 kg/m2

Cardiovascular: normal heart sounds, no murmurs R hand: no swelling, √grip strength

Phalen's manoeuvre & Tinel's sign: both positive

Diagnosis:

Metformin 1500mg/day PO divided g8hr with meal Medications:

(diabetes mellitus)
Enalapril 20mg PO qDay (diabetes mellitus)
Levothyroxine 25mcg PO qDay (hypothyroldisr Paracetamol 500mg PO, prn

17 Jun 2018

Review of symptom

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

↓ВМІ

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

Writing Task:

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

In your answer

Expand the relevant notes into complete sentences

- Do not use note form
- Use letter format

Introduction	Management	
>	Write this paragraph only: alain@set-english.com	
Social / Medical background	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) Diet: high-fat, high-calorie, irregular meals (often binges) no sports/physical activity Past medical history: Type 2 diabetes mellitus	
Visit Paragraph	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 almost no summary R hand: no swelling, ↓grip strength Phalen's manoeuvre & Tine's sign: both positive Medication: only things directly related (paracetamol) Flexible: list names without dosage (short)	
Todays	17 Jun 2018 Review of symptoms: Fatigue, cold intolerance, constipation	

Requests	• Management Expand:
	Ergonomic assessment / wrist splint
	Please note: Physio appointment

Original	Corrections
Ms Alison Goody Occupational Therapist Northwood Community Health Centre Northwood	Ms Alison Goody Occupational Therapist Northwood Community Health Centre Northwood
17 June 2018	17 th June 2018
Dear Ms Goody	Dear Ms Goody
Re: Betty Weston DOB: 12 February 1964	Re: Betty Weston, DOB: 12 th February 1964
I am writing regarding Ms Weston, who has carpal tunnel syndrome and is being referred to you for further assessment and management.	I am writing regarding Ms Weston, who has carpal tunnel syndrome and is being referred to you for further assessment and management.
	This is all one relative clause? 2 ideas? Actually we can do this.
I am writing regarding Ms Betty Weston, who was	I am writing regarding Ms Betty Weston, who was diagnosed with carpal tunnel syndrome. She is
diagnosed with carpal tunnel syndrome. She requires your further management.	scheduled to be <u>referred</u> to you and requires your further management.
	Do I need to mention the letter type?
	It is <u>suggesting</u> the OET Writing guide that this is good
	Implied Indirectly hunted Clues

I am writing regarding Ms Weston , who visited our clinic for carpal tunnel syndrome. He is being referred to your facility and now requires further management . Sent from my iPhone

I am writing regarding Ms Weston, who visited our clinic **due to having** carpal tunnel syndrome. He is being referred to your facility and now requires further management.

Sent from my iPhone

For = planned things Due to = unplanned

Retrospective = when you look back to a previous time and you know something that you did not

Ms Alison Goody Occupational Therapist Northwood Community Health Centre Northwood

17th June 2018

Dear Ms Goody,

RE: Ms Betty Weston, DOB: 12/2/1964

I am writing regarding Ms Weston, who has carpal tunnel syndrome. She now requires your further management.

Socially, Ms Weston works as a supermarket manager and lives with her elderly mother for whom she provides care. Regarding her medical background, she is sedentary and has type 2 diabetes Mellitus, hypothyroidism and arthrosis. Additionally, Ms Weston has a BMI of 32.

Ms Alison Goody Occupational Therapist Northwood Community Health Centre Northwood

17th June 2018

Dear Ms Goody

RE: Ms Betty Weston, DOB: 12/2/1964

I am writing regarding Ms Weston, who has carpal tunnel syndrome. She is being referred to <u>you</u>, and now requires your further management.

OET suggest 'letter type' is a good thing

You = small clinic / practice

Your facility = care home / hospital / any large building

Ms Alison Goody Ms Alison Goody Occupational Therapist Occupational Therapist Northwood Community Health Centre Northwood Community Health Centre Northwood Northwood 17th June 2018 17th June 2018 Dear Ms Goody, Dear Ms Goody, Re: Ms Betty Weston, DOB:12th February 1964 Re: Betty Weston, DOB:12th February 1964 I am writing regarding Betty Weston, who has I am writing regarding Ms Weston, who has carpal carpal tunnel syndrome. She is being referred to tunnel syndrome. She is being referred to you for you for further management of her condition. your further management of her condition. I like the simplicity If we don't know the title: Formal: **Ms** = unknown if married or not / not important **Betty Weston = formal and polite**

Ms Alison Goody, Occupational therapist, Northwood Community Health Centre, Northwood,

17th June 2018.

Re: Mrs Betty Weston, DOB:12th February 1964.

I'm writing regarding Mrs Betty Weston, who visited our outpatients clinic, and reported painful right hand. She's now being referred to you for your further management. Ms Alison Goody, Occupational therapist, Northwood Community Health Centre, Northwood,

17th June 2018.

Re: Mrs Betty Weston, DOB:12th February 1964.

I'm I am writing regarding Mrs Betty Weston, who visited our out-patients clinic, and reported a painful right hand. She's She is now being referred to you for your further management.

Do not use contractions in Writing

Introduction	Management
Social / Medical	Social background: Occupation: supermarket manager (job: 'v tiring':
background	pt. aware that obesity is aggravating factor), long hours, 'on feet all day' Lives with mother (is caregiver) Diet: high-fat, high-calorie, irregular meals (often binges) no sports/physical activity Past medical history: Type 2 diabetes mellitus hypothyroidism
1 min – read and think	Arthrosis
	Write this paragraph only: alain@set-english.com