

- 1 Review
- 2 Grading

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: '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
 Arthritis
 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/m2
 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>Introduction</p>	<ul style="list-style-type: none"> • Management
<p>Social / Medical background</p>	<p>Social background: Occupation: supermarket manager (job: '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>Past medical history: Type 2 diabetes mellitus hypothyroidism Arthritis</p> <p>GROUP TOGETHER INFO IS GOOD</p> <p>Write this paragraph only: alain@set-english.com</p>
<p>Visit Paragraph</p>	<ul style="list-style-type: none"> • 10th June <p>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</p> <p><i>almost no summary</i></p> <p>R hand: no swelling, ↓grip strength Phalen's manoeuvre & Tinel's sign: both positive</p> <p>Medication: only things directly related (paracetamol)</p>

	Flexible: list names without dosage (short)
Today's	<p>17 Jun 2018</p> <p>Review of symptoms: Fatigue, cold intolerance, constipation</p>
Requests	<ul style="list-style-type: none"> • Management ↳ Expand: Ergonomic assessment / wrist splint Refer to occupational therapy for wrist splint (custom- made, in neutral position) & ergonomics assessment Tailored • Please note: Physio appointment

Email: alain@set-english.com

Original	Correct
<p>In addition to the aforementioned symptoms, Ms Weston reported on 17th June that she is experiencing fatigue, cold intolerance and constipation.</p> <p>It would be greatly appreciated if you could provide her with further management considering the wrist splint and ergonomics assessment that were discussed with her.</p> <p>On today's visits, no changes were reported in the aforementioned symptoms and an electromyography and nerve conduction study was ordered.</p> <p>In light of the above, it would be appreciated if you could manage her condition, providing her with a custom-made, neutral-position wrist splint and an ergonomic assessment. Please note that Ms Weston was referred to a physiotherapist.</p> <p>For further queries, please do not hesitate to contact me.</p> <p>Yours sincerely,</p> <p>Doctor</p> <p>In today's review, Ms Weston reported having fatigue, cold intolerance and constipation . She is scheduled to be disregarded today and has been advised on conservative management such as nighttime wrist splinting for over 3 weeks .</p>	<p>In addition to the aforementioned symptoms, Ms Weston today reported on 17th June Today that she is experiencing fatigue, cold intolerance and constipation.</p> <p>It would be greatly appreciated if you could provide her with further management considering the a wrist splint and an ergonomics assessment, that which have already been were discussed with her. 3 weeks?</p> <p>On today's visits, no changes were reported in the aforementioned symptoms and an electromyography and nerve conduction study was ordered.</p> <p>In light of the above, it would be appreciated if you could manage her condition, providing her with a custom-made, neutral-position wrist splint and an ergonomic assessment. Please note that Ms Weston was referred to a physiotherapist. 3 weeks?</p> <p>For further queries, please do not hesitate to contact me.</p> <p>Yours sincerely,</p> <p>Doctor</p> <p>In today's review, Ms Weston reported having fatigue, cold intolerance and constipation . She is scheduled to be discharged disregarded today and has been advised on conservative management such as a nighttime wrist splint splitting for over 3 weeks .</p>

In view of the above, it would be grateful if you could assess Ms Weston regarding her wrist splint in a neutral position and ergonomics . please note she requires a referral to a physiotherapist for aerobic fitness and a weight loss program.

Please do not hesitate if you have any questions regarding Ms Weston to contact me.

Yours sincerely,

Farrukh

In view of the above, it would be appreciated if you could provide further management including a night-time, custom-made wrist splint in a neutral position and an ergonomic assessment. Please consider physical therapy, including exercises that do not cause wrist strain, for weight loss and aerobic fitness. Please note that electromyography and a nerve conduction study have been planned to stabilise severity to exclude other neurological diagnoses.

Yours sincerely

In view of the above, it would be ~~grateful~~ **appreciated** if you could assess Ms Weston regarding her wrist splint in a neutral position and **provide an ergonomic evaluation.** Please note she requires a referral to a physiotherapist for aerobic fitness and a weight loss program.

Please do not hesitate if you have any questions regarding Ms Weston to contact me.

Yours sincerely,

In view of the above, it would be appreciated if you could provide further management including a night-time, custom-made wrist splint in a neutral position and an ergonomic assessment. ~~Please consider physical therapy, including exercises that do not cause wrist strain, for weight loss and aerobic fitness.~~ Please note that ~~electromyography~~ and a nerve conduction study have been planned to stabilise severity to exclude other neurological diagnoses.

This suggests the reader must arrange this. Incorrect

Yours sincerely

MODEL LETTER?

<p>Introduction</p>	<ul style="list-style-type: none"> • Management
<p>Social / Medical background</p>	<p>Social background: Occupation: supermarket manager (job: '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>Past medical history: Type 2 diabetes mellitus hypothyroidism Arthrosis</p> <p>GROUP TOGETHER INFO IS <u>GOOD</u></p> <p>Write this paragraph only: alain@set-english.com</p>
<p>Visit Paragraph</p>	<ul style="list-style-type: none"> • 10th June <p>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</p> <p><i>almost no summary</i> R hand: no swelling, ↓grip strength Phalen's manoeuvre & Tinel's sign: both positive</p> <p>Medication: only things directly related (paracetamol) Flexible: list names without dosage (short)</p>
<p>Today's</p>	<p>17 Jun 2018 Review of symptoms: Fatigue, cold intolerance, constipation</p>
<p>Requests</p>	<ul style="list-style-type: none"> • Management ↳ Expand:

Ergonomic assessment / wrist splint

Refer to occupational therapy for wrist splint (custom- made, in neutral position) & ergonomics assessment

Tailored

- Please note: Physio appointment

Original	Corrections
<p>On 10th June, Ms Weston presented with a three-week history of numbness and tingling in her right index and middle fingers. Additionally, she reported pain in her hand, which has caused sleep disturbance and has been relieved with movement. Consequently, she was prescribed paracetamol. Furthermore, she stated difficulty unscrewing jar tops and gripping objects. Having conducted a neurological physical examination, a decrease in gripping strength and positive Phalen's manoeuvre and Tinel's signs were observed. Please note that she has had no trauma to her hand and no pain in other joints.</p> <p>Good enough!</p> <p>Some contrast might work here?</p>	<p>On 10th June, Ms Weston presented with a three-week history of numbness and tingling in her right index and middle fingers. Additionally, she reported pain in her hand, which has caused sleep disturbance and has been relieved with movement. Consequently, she was prescribed paracetamol. Furthermore, she <u>stated</u> that she had difficulty unscrewing jar tops and gripping objects. Having conducted a neurological physical examination, a decrease in both gripping strength and positive Phalen's manoeuvre <u>and as well as that</u> Tinel's signs were observed. Please note that she has had no trauma to her hand and no pain in other joints.</p> <p>Narrative: story</p> <p>Not: After 'As well as' no Subject and verb (or Passive: Object/verb)</p> <p>No excuses for mistakes with name</p>
<p>On 10th June, Ms Wenston presented with a three-week history of numbness and tingling in the right hand's thumb, index and pain in her middle finger, which was disturbing her sleep. She had difficulty opening the jar lids and gripping cups and objects, which can easily be slipped from her fingers. She denied any previous trauma in her right hand. On physical examination, her Phalen's manoeuvre and Tinel's signs were both positive despite no swelling, and the strength of her grip had decreased. Ms Weston was diagnosed with Carpal tunnel syndrome and paracetamol 500 mg has been prescribed to be taken orally when needed.</p> <p>Sometimes we talk about objects in the active when we should not</p> <p>Proper noun = noun</p> <p>Corporal is general for body</p>	<p>On 10th June, Ms Weston presented with a three-week history of numbness <i>and tingling in the thumb, middle and index fingers of her right hand</i>, which was disturbing her sleep. She had difficulty opening jar lids and gripping cups and objects, which can easily be slipped from her fingers. She denied any previous trauma in her right hand. On physical examination, her Phalen's manoeuvre and Tinel's signs were both positive despite no swelling, and the strength of her grip had decreased. Ms Weston was diagnosed with carpal tunnel syndrome and paracetamol, 500 mg, has been prescribed to be taken orally when needed.</p> <p>In her right thumb, middle and index fingers fingers on her right</p> <p>messy commas</p>

Be careful of capitals in the case notes – not always correct

On 10th Jun 2018 Ms Weston reported that she has been experiencing numbness, tingling, in the index and middle finger of her right hand. She informed me she had experienced pain, which had caused sleep disturbances, and that this had been relieved by moving her fingers. In addition, she reported having difficulty with unscrewing Jar tops and gripping objects such as glasses or cups. On examination, the grip strength of her right hand had diminished, and Phalen's maneuver and Tinel's sign were positive for which paracetamol was prescribed.

On 10th June 2018, Ms Weston presented with a 3-week history of numbness and tingling in her thumb, index and middle finger of her right hand. She reported a disturbed sleep by the pain, which was relieved by moving her fingers. Additionally, slipping objects from her fingers due to difficulty unscrewing jar tops and gripping glass and cups was stated. Please note that Ms Weston denied trauma to her right hand or pain in other joints. On examination, her right hand was not swelling but grip strength was reduced, and Phalen's manoeuvre and Tinel's sign both were positive. As a result, carpal tunnel syndrome was diagnosed for which paracetamol, 500mg, orally, in the evening was started.

No Time Stamps with Present Perfect Tenses

Past simple: yesterday, on 19th June,



On 10th June, Ms Weston reported that she **had** been experiencing numbness and tingling in the index and middle finger of her right hand. She informed me she had experienced pain, which had caused sleep disturbances, **and that** this had been relieved by moving her fingers. In addition, she also stated **that she was** having difficulty with unscrewing jar tops and gripping objects such as glasses or cups. On examination, the grip strength **of her right** hand had diminished, and Phalen's maneuver and Tinel's sign were positive for which paracetamol was prescribed.

On 10th June 2018, Ms Weston presented with a 3-week history of numbness and tingling in her thumb, index and middle finger of her right hand. She reported a disturbed sleep by the pain, which was relieved by moving her fingers. Additionally, slipping objects from her fingers due to difficulty unscrewing jar tops and gripping glass and cups was stated. Please note that Ms Weston denied trauma to her right hand or pain in other joints. On examination, her right hand was not swelling but grip strength was reduced, and Phalen's manoeuvre and Tinel's sign both were positive. As a result, carpal tunnel syndrome was diagnosed for which paracetamol, 500mg, orally, in the evening was started.

Original	Corrections
<p>Ms Weston has a demanding job as a supermarket manager and lives with her mother, for whom she provides care. Please note that she has a sedentary lifestyle and is overweight (BMI of 32 Kg/m²). Her medical history includes appropriately treated diabetes, hypothyroidism and arthrosis.</p> <p>Good quality writing</p>	<p>Be careful</p> <p>Ms Weston has a demanding job as a supermarket manager and lives with her mother, for whom she provides care. Please note that she has a sedentary lifestyle and her BMI is 32 Kg/m². Her <u>medical history includes</u> appropriately treated diabetes, hypothyroidism and arthrosis.</p> <p>Is this right? Do you mean 'in expected way'? Slightly unnatural</p> <p><i>She was treated appropriately</i></p> <p>Phrases like this are the way we use that word usually</p>
<p>Ms Weston is a supermarket manager, who works long hours every day. She has type 2 diabetes, hypothyroidism, arthrosis, and obesity for which she takes metformin, enalapril, and levothyroxine. She also lives with his mother as a caregiver.</p>	<p>Ms Weston is a supermarket manager, who works long hours every day. Additionally, she lives with his mother as a caregiver. She <u>has</u> type 2 diabetes, hypothyroidism, and arthrosis, for which she takes metformin, enalapril, and levothyroxine. Please also note that <u>her BMI is 32</u>.</p> <p>Do in the same order as the condition</p> <p>Medical obese = official number</p> <p>Obese = formal term Very strong</p> <p>Miss / Mrs / Ms = unknown / not important</p>
<p>Regarding her background, Ms Weston has type 2 diabetes mellitus, hypothyroidism and arthrosis. Additionally, she works as a supermarket manager and is a caregiver to her 80-year-old mother. She has a sedentary lifestyle, a high-fat and high-calorie diet, and a body mass index of 32.</p>	<p>Regarding her background, Ms Weston has type 2 diabetes mellitus, hypothyroidism and arthrosis. Additionally, she works long hours as a supermarket manager, and is a caregiver to her 80-year-old mother. She has a sedentary lifestyle, a high-fat and high-calorie diet, and a body mass index of 32.</p>

Medically, Ms Weston has ~~diabetes~~, arthrosis, and hypothyroidism for which has been taking medications. She is a supermarket manager and works long hours, which she described her job as tiring. Additionally, she is a carrier for her mother. She has a sedentary lifestyle, her diet mainly consists of high fat and calories and her BMI is 32.

Redundant details =

1. No purpose
2. Lose your job

Ms Weston works as supermarket manager, lives and takes care of her mother. Her diet is high in fat, and calories. She had a sedentary life style with no physical activity. She is a known case of type 2 diabetes mellitus, hypothyroidism, and arthrosis. She's obese with BMI, 32kg/m².

Judgemental / We are making own conclusions

She has sedentary lifestyle *therefore* she is overweight

Medically, Ms Weston has diabetes, arthrosis, and hypothyroidism, for which has been taking medications (summarises it all!). She is a supermarket manager and works long hours, *which she described her job as tiring.* Additionally, she is a ~~carrier~~ *carer* for her mother. **She has a sedentary lifestyle, her diet not healthy, and her BMI is 32.** – nice grouping together

Substitutes for 'supermarket manager'

The problems of reference is no one really know sometimes...

I bought a car and an apple. **It** was red.


Natives often assume it's the previous noun

First article error today!

Ms Weston works as **a** supermarket manager, lives and takes care of her mother. She has a **sedentary** life style and an unhealthy diet. She has type 2 diabetes mellitus, hypothyroidism, and arthrosis. **She's** obese with BMI, 32kg/m².

No contraction AT ALL in the letter

~~I'm~~ writing regard..

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Original	Corrections
<p>Ms Alison Goody Occupational Therapist Northwood Community Health Centre Northwood</p> <p>17 June 2018</p> <p>Dear Ms Goody</p> <p>Re: Betty Weston DOB: 12 February 1964</p>	<p>Ms Alison Goody Occupational Therapist Northwood Community Health Centre Northwood</p> <p>17th June 2018</p> <p>Dear Ms Goody</p> <p>Re: Betty Weston, DOB: 12th February 1964</p>

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 diagnosed with carpal tunnel syndrome. She requires your further management.

I am writing regarding Ms Betty Weston, who was diagnosed with carpal tunnel syndrome. She is scheduled to be referred to you and requires your further management.

Do I need to mention the letter type?

It is suggesting the OET Writing guide that this is good

Implied
Indirectly hinted
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

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 you, 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
Occupational Therapist
Northwood Community Health Centre
Northwood

17th June 2018

Dear Ms Goody,

Re: Betty Weston, DOB:12th February 1964

I am writing regarding Betty Weston, who has carpal tunnel syndrome. She is being referred to you for further management of her condition.

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

17th June 2018.

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

Dear Ms Goody,

Re: Ms Betty Weston, DOB:12th February 1964

I am writing regarding Ms Weston, who has carpal tunnel syndrome. She is being referred to you for 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.

~~Hi~~ **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.

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.

Do not use contractions in Writing