

OET Medicine Writing Week

Sandra Green

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

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

Identifying Purpose & Choosing Case Notes:

Ask yourself these questions about Sandra Green case notes:

1. Who am I writing to?	A psychiatrist
2. What is the reader's task	Further management
3. Do they know the patient?	No
4. Does the writer have any extra tasks?	No
5. Why am I writing <u>today</u> ?	Pt requested support
6. Is it urgent?	

<https://drive.google.com/file/d/1CwloLoYM7ImnlV9ZpvKUU3MIRGCJ-hs8/view?usp=sharing>

Case Notes

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 10 March 2019.

Ms Sandra Green is a regular patient of yours at your general practice.

PATIENT DETAILS:

Name: Ms Sandra Green
DOB: 08 February 2000 (19 y.o.)
Address: 132 Nutwood St, Newtown

Social background: Saleswoman, IT company (= stressful job)
Limited socialising (long work hours)
Non-smoker & non-drinker
Only child, lives alone
Tennis practice/matches 2x/wk

Family History: Father – recurring gout (managed w. diet plan)
Mother – hypercholesteroliema (low cholesterol diet)

Medical history: Nil significant, no surgeries
2015: Anorexia Nervosa (A.N.), BMI =15.2
Pt. taken by parents to outpatient clinic appts
Pt. recovered w psychotherapy & nutritional support

Current medication: Herbal supplements from naturopath: ginkgo biloba & ginseng (both to ↓stress)
Over-the-counter laxatives

Treatment record

20 Feb 2019: Presenting complaint: constipation (last 2 wks)
Subjective: fatigue, bloating, no menstrual irregularities
Objective: no distention visible, BP = 80/60, weight = 55 kg, height = 173 cm, BMI = 18.4
Discussion: pt. requests strong laxatives, OTC laxatives ineffective
Wants to 'look her best', role is 'very image focused'
Pt. admitted to counting calories to maintain weight (approx. 1700/day)
Laxative request refused; suspected A.N. relapse
Advice: ↑fibre in diet (e.g. oats, vegetables & legumes) & ↑calories (sport levels)
CBC & BMP (Basic Medical Panel) ordered

20 March 2019: Blood test results: low FE, calcium, potassium, T3 & T4 = ?low nutrient level in diet
Subjective: tearfulness, depressed mood, ↓energy
Repeated request for laxatives
Objective: BP = 80/60, weight = 53 kg, BMI = 17.7
Discussion:
Explained possible complications re long-term laxative use = IBS, colon infection & liver damage
Pt. admits: laxatives for weight loss & may be 'slipping into old habits' = Calorie intake = approx. 1500/day
Pt. requests A.N. support

Plan: Refer to psychiatrist
Multidisciplinary team (psychiatrist to organise): GP, psychiatrist & nutritionist

Writing Task:

Using the information in the case notes, write a letter of referral to Dr Smith, Psychiatrist, summarising Ms Green's relevant medical history, outlining your concerns and requesting further management. Address the letter to Dr John Smith, Psychiatrist, Newtown Hospital, 123 High Street, Newtown.

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	<p>Patient name:</p> <p>General Medical Context:</p> <p>General Request:</p>
Background	<p>Medical history: Nil significant, no surgeries</p> <p>✓ 2015: Anorexia Nervosa (A.N.), BMI = 15.2</p> <p>Pt. taken by parents to outpatient clinic appts</p> <p>✓ Pt. recovered w psychotherapy & nutritional support</p> <p>Social background: Saleswoman, IT company (= stressful job) (+ image focussed?)</p>
20th Feb	<p>Treatment record</p> <p>20 Feb 2019:</p> <p>Presenting complaint: constipation (last 2 wks) ✓</p> <p>Sum → Subjective: fatigue, bloating, no menstrual irregularities</p> <p>Objective: no distention visible, BP = 80/60, weight = 55 kg, height = 173 cm, BMI = 18.4</p> <p>Discussion: pt. requests strong laxatives, OTC laxatives ineffective ✓</p> <p>✓ Wants to "look her best", role is "very image focused"</p> <p>✓ Pt. admitted to counting calories to maintain weight (approx. 1700/day)</p> <p>Laxative request refused; suspected A.N. relapse</p> <p>Sum → Advice: ↑fibre in diet (e.g. oats, vegetables & legumes) & ↑calories (sport levels)</p> <p>Sum → CBC & BMP (Basic Medical Panel) ordered</p>
20th March	<p>20 March 2019: Sum → Blood test results: low FE, calcium, potassium, T3 & T4 = ?low nutrient level in diet</p> <p>✓ Subjective: tearfulness, depressed mood, ↓energy</p> <p>✓ Repeated request for laxatives</p> <p>✓ Objective: BP = 80/60, weight = 53 kg, BMI = 17.7</p> <p>Discussion:</p> <p>✓ Explained possible complications re long-term laxative use = IBS, colon infection & liver damage</p> <p>✓ Pt. admits: laxatives for weight loss & may be 'slipping into old habits' = Calorie intake = approx. 1500/day ✓</p>
Request	<p>Pt. requests A.N. support</p> <p>Plan:</p> <p>Refer to psychiatrist</p> <p>Multidisciplinary team (psychiatrist to organise): GP, psychiatrist & nutritionist</p>

Homework: Write your introductions paragraphs and send to paul@set-english.com