

OET Medicine Writing Week

Joanne Gardiner

The task is: *Write a letter to a healthcare professional requesting continuation of care for a patient. (sometimes providing an update)*

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 Joanne Gardiner case notes:

1. Who is the reader?	endocrinologist
2. What is the reader's task?	assess & provide a management plan
3. Does the reader know the patient?	no
4. Does the writer have any tasks?	refer to nutritionist
5. Why am I writing <u>today</u> ?	build-up of symptoms and now we have test results
6. Is it urgent?	no

Case Notes

Notes:

Assume that today's date is 21 May 2022

Mrs Joanne Gardiner is a patient in your general practice who presented with concerns about her general well-being.

PATIENT DETAILS:



Name: Joanne Gardiner (Mrs)
DOB: 26 Dec 1982
Address: 32 Worthing Street, Oldtown, Grimsby
Social History: Married, 3 children at home (born 2010, 2013, 2015)
Project Manager
Medical History: Family history – diabetes
Appendix removed – 1999
Dermatitis – 2011 / 2012 / 2018
Never smoked
Regular exercise – swimming once per week, enjoys hiking
Current Medication: Nil

9 Nov 2021 Rash – across top of back, under R & L arm, extending to forearm
Itchy and painful - Discussion: ? allergy
Commence hydroxyzine (oral 3 x daily – 5 days)
Return 5 days if unresolved

12 Mar 2022 Visiting GP because 'husband told me too'
Reported: anxious, overactive, mood swings, occasional palpitations, menstruation irregularities
Waking early / not get back to sleep
Coffee consumption: 7-8 cups of 'strong' coffee daily

Work stressful, big project, deadlines

Advised reduce coffee consumption – max 2 per day / Sign off work 4 weeks / Rest

Studying night school – master's degree - agreed to defer masters study for 6 months

R/V 8 weeks

14 May 2022

Additional symptoms: increased night sweating and heat intolerance

Increased appetite

Weight loss – 78kg - 68kg

General irritability & exhaustion – 'too weak to do anything'

Objective: Minor eyelid retraction / frequent palpitations

Hyperthyroidism? - CBC & Thyroid function test ordered

R/V one week

21 May 2022

Previous symptoms unchanged

Results received:

- CBC - normal
- TSH: 0.2
- T4: 27.0

Provisional diagnosis: Hyperthyroidism (Graves' Disease?)

Plan:

Refer to endocrinologist for assessment & management plan

Discuss reduction work hours w/ employer

Refer to nutritionist – advice on low-fat diet

Writing Task

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Using the information in the case notes, write a letter of referral to Dr Harrison, an endocrinologist at City Hospital, for assessment & a thyroid management plan. Address the letter to Dr Frank Harrison, Endocrinologist, Grange Hospital, Grimsby.

Link:

<https://drive.google.com/file/d/1Yo4K3ik1BG78BTZYB0aDD4yDS02fpKL0/view?usp=sharing>

Paragraph Plan

Make a paragraph plan using the planning and discussions in class, using any of the below paragraph functions:

<p>Introduction</p>	<ul style="list-style-type: none"> • patient name: • general medical context: • general request:
<p>Background</p>	<p>Medical History:</p> <ul style="list-style-type: none"> ✓ Family history – diabetes Appendix removed – 1999 Dermatitis – 2011 / 2012 / 2018 ✓ Never smoked ✓ Regular exercise – swimming once per week, enjoys hiking <p>Current Medication: Nil ✓</p>
<p>12th March</p>	<p>12 Mar 2022</p> <ul style="list-style-type: none"> Visiting GP because 'husband told me too' ✓ Reported: anxious, overactive, mood swings, occasional palpitations, menstruation irregularities ✓ Waking early / not get back to sleep ✓ Coffee consumption: 7-8 cups of 'strong' coffee daily Work stressful, big project, deadlines ✓ Advised reduce coffee consumption – max 2 per day / Sign off work 4 weeks / Rest Studying night school – master's degree – agreed to defer masters study for 6 months ✓ R/V 8 weeks
<p>May</p>	<p>14 May 2022</p> <ul style="list-style-type: none"> ✓ Additional symptoms: increased night sweating and heat intolerance ✓ Increased appetite ✓ Weight loss – 78kg - 68kg ✓ General irritability & exhaustion – 'too weak to do anything' ✓ Objective: Minor eyelid retraction / frequent palpitations ✓ Hyperthyroidism? - CBC & Thyroid function test ordered R/V one week <p>21 May 2022</p> <ul style="list-style-type: none"> ✓ Previous symptoms unchanged ✓ Results received: <ul style="list-style-type: none"> - CBC - normal - TSH: 0.2 - T4: 27.0

Request	Provisional diagnosis: Hyperthyroidism (Graves' Disease?) Plan: Refer to endocrinologist for assessment & management plan Discuss reduction work hours w/ employer Refer to nutritionist – advice on low-fat diet
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Homework: Send introductions to paul@set-english.com