


TODAY:

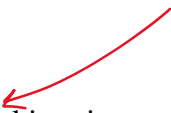
- 1 Planning
- 2 Groups: Read Case + Choose
- 3 Make a plan for the week



45 mins in total

**Reading time:** 5 mins (pens on table)

**Writing time:** 40 mins



Checking time at end?

5 mins

**Planning time?**


10 mins

We really only have 25 mins to write.

### 3 Phases of Planning



Understand	Choose	Organise
<p>Ask yourself <i>critical</i> questions:</p> <p>1 Reader? Task? <b>Update</b></p> <p>2 Reader knows patient? <b>Yes</b></p> <p>3 Writer? Task? Nurse / +++</p> <p>4 Urgent? No</p> <p>5 Why am I writing? Patient accident / Discharged &amp; GP <u>needs to know</u></p> <p>6 Where is everyone? As discusses</p> <p style="text-align: center;">↓</p>	<p>Choose <b>important</b> case notes for reader...</p> <p>OET tells us:</p> <p>1 “<b>Appropriate</b>” – <u>might</u> be helpful, <u>might</u> be useful Do I need all? Only <u>some</u></p> <p>2 “<b>Needed</b>” – vital or essential Do I need all? <u>All</u></p> <p>3. <b>Irrelevant</b>: not needed at all</p> <p>Whats the difference?</p>	<p>Paragraphs:</p>

<p><b>Introduction:</b></p>	<ul style="list-style-type: none"> <li>• Update / <i>may</i> need further <u>support</u></li> </ul> <p>Assignment: alain@set-english.com</p>
<p><b>Timeline:</b> <u>story</u> <u>SUMMARISE</u></p> 	<ul style="list-style-type: none"> <li>• 20.06.2018 admitted</li> <li>• <b>ectopic pregnancy</b></li> <li>• surgery: ruptured tube removed + embryo (or procedure name)</li> </ul> <p>+ Appropriate detail</p>
<p><b>Requests:</b></p>	<ul style="list-style-type: none"> <li>• anxious <u>to start</u> new pregnancy</li> <li>• ?Counselling [might be]</li> <li>• Abstain for 2 months / or barrier contraception</li> <li>• 3 months or 2 menstrual cycles before pregnancy</li> </ul>
<p><b>Requests:</b></p>	<ul style="list-style-type: none"> <li>• Folic acid supplement</li> <li>• Monitor hCG levels</li> <li>• Early ultrasound</li> <li>• Pain killer: diclofenac</li> </ul>

**WRITING SUB-TEST: NURSING**  
**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 21 June 2019.**

You are a ward nurse working in the obstetrics unit of Oldtown Hospital. A patient, Mrs Marilyn Johnson, was admitted to your unit from A&E (Accident and Emergency) with abdominal pain and vaginal bleeding.

**PATIENT DETAILS:**

**Name:** Marilyn Johnson  
**DOB:** 4 Jun 02 (27 y.o.)  
**Address:** 66 Seaview Bungalows, Low street, Oldtown

**Social background:**

Married  
 Husband, Peter (31 y.o.), high school maths teacher, v supportive  
 Chief librarian (local university)  
 Active social life, plays guitar in band, swims daily

**Family history:** Mother deceased (ovarian cancer, age 49)

Father (early-onset Parkinson's disease, age 53)  
 Sister: mod. depression (diag 2016)

**Past medical history:**

No current medication  
 Appendectomy (age 14)  
 Herpes Zoster (age 21)  
 Early miscarriage (age 23)  
 Penicillin allergy

**Admission date:** 20 Jun 2019

**Discharge date:** 21 Jun 2019

**PRESENTING PROBLEM:**

Abdominal pain (hypogastric), vaginal bleeding/discharge, weakness, pallor, shoulder pain, peritoneal guarding  
 BP: 90/60mmHg, PR: 100/min  
 Pregnancy 8 wks (no scan performed yet)  
 Serum  $\beta$  human Chorionic Gonadotropin (hCG) 1,800 IU/L

**Diagnosis:** Ruptured tubal ectopic pregnancy

**Tests & treatment 20 Jun 2019**

TV ultrasound  $\rightarrow$  empty uterine cavity  
 Free fluid pouch of Douglas  
 Diagnostic laparoscopy  $\rightarrow$  haemoperitoneum, leaking left tubal pregnancy, ampullary region  
 Left salpingectomy, (contralateral tube healthy), peritoneal lavage

**Nursing management:**

Wound dressing & cleaning

**Assessment 21 Jun 2019**

Good progress overall  
 Vital signs all within normal range

**Medications:** Painkillers prn (Diclofenac)

**Discharge Plan:** Pt v anxious to start new pregnancy (?counselling)

Pt advised:  
 - no sexual intercourse for 2 months (use barrier contraception if takes place) & wait 3 months/2 menstrual cycles before pregnancy (arrange Dr urine test: hCG < 15 IU/L)  
 - future pregnancies high risk (but possible): need to monitor hCG levels, early ultrasound scans  $\rightarrow$  verify location of embryo  
 - folic acid supplements

**Writing Task:**

Using the information given in the case notes, write a discharge letter to Dr Hindley, Mrs Johnson's family doctor. Address the letter to Dr Sarah Hindley, Freshfields Surgery, 66 Honeybourne Lane, Oldtown.

**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.