SET English

OET Nursing Writing Week

Margaret Helen Martin

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

*This entails including all of the **content** necessary to do **this task***

180 – 200 Guideline word count

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*

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Identifying Purpose & Choosing Case Notes:

Ask yourself these questions about Margaret Helen Martin case notes:

1. Who is the reader?	Nurse in charge, district nursing service
2. What is the reader's task?	monitoring / follow up care
3. Does the reader know the patient?	no
4. Does the writer have any tasks?	no
5. Why am I writing today?	patient is probably going to be discharged
6. Is it urgent?	no

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Notes:

You are a ward nurse in the cardiac unit of Greenville Public Hospital. Your patient, Ms Martin, is due to be discharged tomorrow.

Patient: Ms Margaret Helen Martin
Address: 23 Third Avenue, Greenville
Age: 81 years old (DOB: 25 July 1935)
Admission date: 15 July 2017

Social/family background:

Never married, no children
Lives in own house in Greenville
Financially independent
Three siblings (all unwell) and five nieces/nephews living in greater Greenville area
Contact with family intermittent
No longer drives
Has 'meals on wheels' (meal delivery service for elderly) – Mon-Fri (lunch and dinner), orders frozen meals for weekends

Diagnosis: Coronary artery disease (CAD), angina

Treatment: Angioplasty (repeat – first 2008)

Discharge date: 16 July 2017, pending cardiologist's report

Medical information:

Coeliac disease
Angioplasty 2008
Anxious about health – tends to focus on health problems
Coronary artery disease → aspirin, clopidogrel (Plavix)
Hypertension → metoprolol (Betaloc), ramipril (Tritace)
Hypercholesterolemia (8.3) → atorvastatin (Lipitor)
Overweight (BMI 29.5)
Sedentary (orders groceries over phone to be delivered, neighbour walks dog)
Family history of coronary heart disease (mother, 2 of 3 brothers)
Hearing loss – wears hearing aid

Nursing management and progress during hospital stay:

Routine post-operative recovery
Tolerating light diet and fluids
Bruising at catheter insertion site, no signs of infection/bleeding noted post-procedure
Pt anxious about return home, not sure whether she will cope

Discharge plan:

Dietary

Low-calorie, high-protein, low-cholesterol, gluten-free diet (supervised by dietitian, referred by Dr)
Frequent small meals or snacks
Drink plenty of fluids

Physiotherapy

Daily light exercise (e.g., 15-minute walk, exercise plan monitored by physiotherapist)
No heavy lifting for 12 weeks

Other

Monitor wound site for bruising or infection
Monitor adherence to medication regime
Arrange regular family visits to monitor progress

Anticipated needs of Pt:

Need home visits from community health/district nurse – monitor adherence to post-operative medication, exercise, dietary regime

Regular monitoring by Dr, dietitian, physiotherapist

? Danger of social isolation (infrequent family support)

Writing Task:

Using the information in the case notes, write a letter to the Nurse-in-Charge of the District Nursing Service outlining Ms Martin's situation and anticipated needs following her return home tomorrow. Address the letter to Nurse-in-Charge, District Nursing Service, Greenville Community Health Care Centre, 88 Highton Road, Greenville.

https://www.dropbox.com/scl/fi/9tjfopbrvciyi7w4b1oyo/Margaret-Helen-Martin.png?rlkey=ryx94c03f71yjalg9bknyn4r9&st=fbdatxyr&dl=0

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Letter Plan

Introduction	• **Patient name:** Margaret Helen Martin • **General Medical Context:** Recovering from angioplasty • **General Request:** Follow up care at home
Background	**Social/family background:** Never married, no children Lives in own house in Greenville Financially independent ~~Three siblings (all unwell) and five nieces/nephews~~ living in greater Greenville area Contact with family intermittent ~~No longer drives~~ Has 'meals on wheels' (meal delivery service for elderly) – Mon-Fri (lunch and dinner), orders frozen meals for weekends **Medical information:** Coeliac disease ~~Angioplasty 2008~~ ~~Anxious about health – tends to focus on health problems~~ Coronary artery disease → aspirin, clopidogrel (Plavix) Hypertension → metoprolol (Betaloc), ramipril (Tritace) Hypercholesterolemia (8.3) → atorvastatin (Lipitor) ~~Overweight (BMI 29.5)~~ Sedentary (~~orders groceries over phone to be delivered, neighbour walks dog~~) ~~Family history of coronary heart disease (mother, 2 of 3 brothers)~~ Hearing loss – wears hearing aid
Admission / Treatment	**Admission date:** 15 July 2017 **Diagnosis:** Coronary artery disease (CAD), angina **Treatment:** Angioplasty (repeat – first 2008) **Nursing management and progress during hospital stay:** Routine post-operative recovery Tolerating light diet and fluids ~~Bruising at catheter insertion site~~, no signs of infection/bleeding ~~noted post-procedure~~ Pt anxious about return home, not sure whether she will cope
Request – physio / dietitian	**Discharge plan:** **Dietary** Low-calorie, high-protein, low-cholesterol, gluten-free diet ~~(supervised by dietitian, referred by Dr)~~ Frequent small meals or snacks Drink plenty of fluids **Physiotherapy** Daily light exercise ~~(e.g., 15-minute walk, exercise plan monitored by physiotherapist)~~ No heavy lifting for 12 weeks Regular monitoring by Dr, dietitian, physiotherapist
Request - me	**Other** Monitor wound site for bruising or infection Monitor adherence to medication regime Arrange regular family visits to monitor progress – ? Danger of social isolation (infrequent family support)

Homework: Review your plan for Request & Write introduction and send to paul@set-english.com