

1 Review case notes

2 Groups: case notes

3 Plan letter

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: 'v 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
Arthrosis
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

Plan

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|---|---|
| <p>Introduction</p> <p>Background (reader needs this perhaps more)</p> | <ul style="list-style-type: none"> • Purpose: further management <p>Social background:</p> <p>Occupation: supermarket manager (job: 'y tiring'; pt. aware that obesity is aggravating factor), long hours, 'on feet all day'</p> <p>Lives with mother (is caregiver) & 2 of 3 children (sons aged 23 & 25), daughter: married, lives nearby</p> <p>Diet: high-fat, high-calorie, irregular meals (often binges)</p> <p>Leisure: - no sports/physical activity</p> <p>Past medical history:</p> <p>Type 2 diabetes mellitus (2012), hypothyroidism (2015)</p> <p>Obesity</p> <p>Arthrosis</p> |
| <p>Hospital Visit 10th</p> | <ul style="list-style-type: none"> • 10th June: symptoms & diagnosis • Grip strength / drop things (jar top) • Pain at night + move fingers to relieve <p>Phalen's manoeuvre & Tinel's sign: both positive</p> |
| <p>Requests</p> | <ul style="list-style-type: none"> • Expand: further management • Night-time wrist splinting • Ergonomic assessment • Neutral position • 2 appointments: physio / diet <p>Ergonomic handle</p>  <p>Designed to fit the body exactly</p> |