

TODAY:

- 1 Review
- 2 Grading your paragraphs
- 3 Look at the next assignment.... (writing Background paragraph)

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 treatment 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

<p>Introduction</p>	<ul style="list-style-type: none"> • Purpose: further management
<p>Background</p> <p>Reader is an OT so lifestyle</p> <p>Reader does not know patient</p>	<p>Social background:</p> <p>Occupation: supermarket manager (job: 'v 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-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>Art:</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>17th / Today</p>	<ul style="list-style-type: none"> • Fatigue, cold intolerance, constipation
<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>

Ms Alison Goody
Occupational Therapist
Northwood Community Health Centre
Northwood

17th June 2018

Dear Ms Goody,

RE: Ms Betty Weston, DOB: 12/2/1964

I am writing regarding Ms Weston, who has carpal tunnel syndrome. She is being referred to you for your further management.

Ms Alison Goody
Occupational therapist
Northwood Community Health Centre
Northwood

17th June 2018

Dear Ms Goody,

Re: Mrs Betty Weston, 55 years old

I am writing to refer Mrs Weston, a supermarket manager, who has been recently diagnosed with carpal tunnel syndrome, and now requires your further management of her condition.

Idiom: *You are preaching to choir*

You are talking to someone strongly agrees

Do I need commas in the address? No

Ms Alison Goody
Occupational Therapist
Northwood Community Health Centre
Northwood

17th June 2018

Dear Ms Goody,

RE: Ms Betty Weston, DOB: 12/2/1964

I am writing regarding Ms Weston, who has been diagnosed carpal tunnel syndrome. She is being referred to you for your further management.

Ms Alison Goody
Occupational Therapist
Northwood Community Health Centre
Northwood

17th June 2018

Dear Ms Goody,

Re: Mrs Betty Weston, 55 years old

I am writing to refer Mrs Weston, a **supermarket manager**, who has been recently diagnosed with carpal tunnel syndrome, and now requires your further management of her condition.

This will be in paragraph 2 (in my opinion not a great idea)

I am writing regarding Betty Weston, who visited our clinic for painful hand. She is scheduled to be referred to occupational therapy and now requires your further management.

Wrong place!

Ms Alison Goody
Occupational Therapist
Northwood Community
Health center, Norwood

17th June 2018

Re: Ms Betty Weston DOB: 12 February
1964

Dear Ms Goody,

I am writing regarding Ms Weston, who was admitted to our hospital with signs and symptoms indicative of Carpel turner syndrome. She is being referred to you for further management.

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Paragraph 2:

....She works in the aforementioned profession

I am writing regarding Betty Weston, who was admitted to our hospital due to carpel tunnel syndrome. She is scheduled to be referred to you and now requires your further management.

Ms Alison Goody
Occupational Therapist
Northwood Community Health Center,
Northwood

17th June 2018

Re: Ms Betty Weston, DOB: 12th February
1964

Dear Ms Goody,

I am writing regarding Ms Weston, who was admitted to our hospital due to carpel tunnel syndrome. She is being referred to you for further management.

We only capitalise conditions or procedures with a person's name:

Alzheimer's disease

Ms Alison Goody
Occupational Therapist
Northwood Community Health Centre
Northwood

17th June,2018

Dear Ms Goody,

Re: Mr Betty Weston D.O.B:
12/02/1946

I am writing to refer Mr Weston , who visited our clinic due to having a painful hand .He requires further management.

Ms Alison Goody
Occupational Therapist
Northwood Community Health Centre
Northwood


17th June, 2018

Dear Ms Goody, neutral

Re: Ms Betty Weston, DOB: 12/02/1946

I am writing to refer Ms Weston, who presented **to** our outpatient clinic due to having a painful hand. **She requires further management.**

OET suggest 'letter type' helps with purpose of letter... they imply it is good.

Introduction	<ul style="list-style-type: none"> • Purpose: further management
<p>Background (reader needs this perhaps more)</p>	<p>Watch video again for the example...</p> <p>Please write this and email it to:</p> <p>alain@set-english.com</p>
Hospital Visit 10th	<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>
Requests	<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>