TODAY:

1 Review

- 2 Grading Your Work!
- 3 Assignment

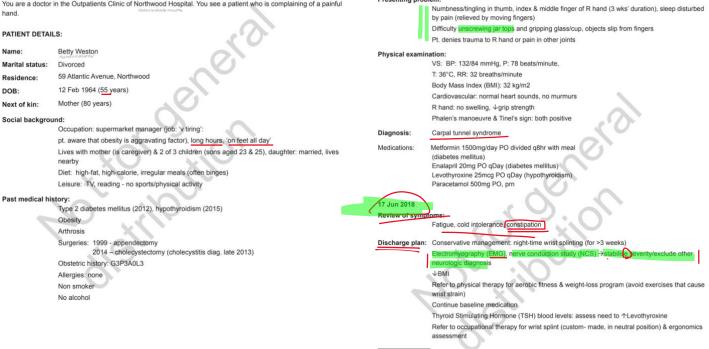
WRITING SUB-TEST: MEDICINE READING TIME: 5 MINUTES TIME ALLOWED: WRITING TIME: 40 MINUTES

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



Writing Task:

Using the information given in the case notes, write a referral letter to Ms Goody, a community occupational therapist, for turner 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

Outpatient clinic: 10 Jun 2018

Presenting problem

Use letter format

Plan

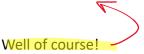
Introduction	Purpose: further management
Background Reader is an OT so lifestyle Reader does not know patient	Social background: Occupation: supermarket manager (job: 'y tiring': pt. aware that obesity is aggravating factor), long hours, 'on feet all day' Lives with mother (is caregiver) & 2 of 3 children (sons aged 23 & 25), daughter: married, lives nearby S I Diet S Diet - no sports/physical activity Past medical history: Type 2 diabetes mellitus (2012), hypothyroidism (2015) Arth
	 10th June: symptoms & diagnosis Grip strength / drop things (jar top) Pain at night + move fingers to relieve Today Phalen's manoeuvre & Tinel's sign: both positive
	 Expand: further management Night-time wrist splinting Ergonomic assessment Neutral position 2 appointments: physio / diet Ergonomic handle Designed to fit the body exactly

On 10th June 2018, Ms Weston presented to our clinic reporting numbness and tingling in the fingers of her right hand, sleep-disturbing pain, and difficulty with tasks, including unscrewing jar tops and gripping objects. She also denied any history of injury. On physical examination, even though there was not any swelling in her right hand, grip strength was reduced. Both Phalen's manoeuvre and Tinel's sign were positive. And finally she has been diagnosed with carpal tunnel syndrome.

Starting with 'And' is informal

Adjective

On 10th June 2018, Ms Weston presented to our clinic reporting numbness and tingling in the fingers of her right hand, sleep-disturbing pain, and difficulty with tasks, including unscrewing jar tops and gripping objects. She also denied any history of injury. On physical examination, *even though* there was **no** swelling in her right hand, grip strength was reduced. Both Phalen's manoeuvre and Tinel's sign were positive. <u>Consequently</u>, she has been diagnosed with carpal tunnel syndrome. **Currently, she reports fatigue**



Maybe if you put the diagnosis in Introduction then its okay here

COMPLEX:

<u>CON</u>J.

Although Despite Even though On 10th June 2018, Betty Weston presented to our outpatient clinic with numbness and tingling in her right hand fingers over the past 3 weeks. In addition, she has difficulty unscrewing jar tops and gripping glass, and objects slip from fingers. Her vital signs were normal, and Phalen's manoeuvre and Tinel's sign were positive, which conformed carpal tunnel syndrome.

Advice: if unsure about <u>cause</u> (in any way) from case notes. Just say the SEQUENCE

On 10th June 2018, Ms Weston <u>reported</u> <u>that</u> she had been experiencing numbness and tingling in her right hand fingers over the past 3 weeks. In addition, she has difficulty unscrewing jar tops and gripping objects. <u>Her vital signs were normal</u>, and Phalen's manoeuvre and Tinel's sign were positive, which was followed by <u>carpal</u> <u>tunnel syndrome being diagnosed</u>.

Do we need it?

Sleep disturbance? Is where?

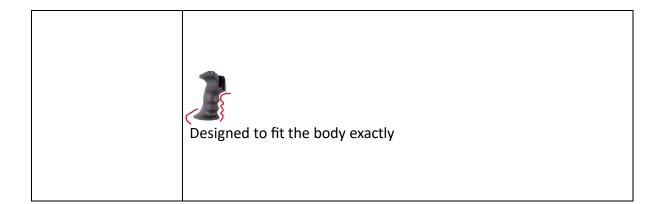
Mr Weston presented on 10th June 2018 with a three-week history of numbness and tingling in her right hand. She had experienced pain, which had caused sleep disturbances, that had been relieved by moving her fingers and She had reported having difficulty with unscrewing jar tops and gripping objects such as glasses or cups. As example , the grip strength of her right hand had diminished . She is currently experiencing fatigue. Ms Weston presented on 10th June 2018 with a three-week history of numbness and tingling in her right hand. She had experienced pain, which had caused sleep disturbances, that had been relieved by moving her fingers and she had reported having difficulty with unscrewing jar tops and gripping objects. She is currently experiencing fatigue.

 \downarrow grip strength not mentioned in all above?

10th June Ms Weston presented with
numbness and tingling in her right hand10th June Ms Weston presented with
numbness and tingling in her right-hand
fingers for 3 weeks along with sleep

fingers for 3 weeks along with sleep	disturbances related to pain. Despite
disturbances related to pain. Despite	reporting no trauma, she has difficulty
reporting no trauma, she has difficulty	gripping objects. On examination, her vitals
gripping objects. On examination her vitals	were normal. However, Phalen's
were normal. However Phalen's manoeuvre	manoeuvre and Tinel's sign were positive
and Tinel's sign were positive with	with diminished right-hand strength, which
diminished right hand strength which	showed us she has a carpal tunnel
showed us she has a carpal tunnel	syndrome. Today, she is experiencing
syndrome. Today she is experiencing	fatigue.
fatigue.	

Introduction	Purpose: further management
Background (reader needs this perhaps more)	Regarding Ms Weston's medical history, she has type 2 diabetes, hypothyroidism, and arthrosis. Additionally, her BMI is recorded as 32, and her diet mainly consists of high fat and calories. In terms of her social background, she works as a supermarket manager, which she describes as very tiring, and lives a sedentary lifestyle. Ms Weston is also responsible for her mother's care.
Hospital Visit 10th	Ms Weston initially presented on 10th June 2018 with a three-week history of numbness and tingling in her right hand. She stated that she had experienced pain, which had caused sleep disturbances, and that this had been relieved by moving her fingers Additionally, she reported having difficulty with unscrewing iar tops and gripping objects such as glasses or cups. On examination, the grip strength of her right hand had diminished, and she was subsequently commenced on paracetamol. Currently, she is experiencing fatigue. We can use Past Perfect here because the symptoms started before going to hospital alain@set-english.com 17 Jun 2018 Review of symptoms: Fatigue, cold intolerance; constitution Discharge plan: Conservative management: night-line wrist splitting (for >3 weeks) Electorityography (EMG), nere condiction thus PICS} > stabilise severity/exclude other neurologic diagnoss
Requests	 alain@set-english.com Expand: further management Night-time wrist splinting Ergonomic assessment Neutral position 2 appointments: physio / diet



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)		\circ	ŝ
Next of kin:	Mother (80 years)	-	0	

Social background:

Occupation: supermarket manager (j6b: '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

Obesny 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 breath Body Mass Index (BMI): 32 kg/m2 Cardiovascular: normal heart sounds, no murmurs R hand: no swelling, ${\bf \psi} grip$ strength Phalen's manoeuvre & Tinel's sign: both positive Carpal tunnel syndrome Diagnosis: Medications: Metformin 1500mg/day PO divided q8hr with meal (diabetes mellitus) Enalapril 20mg PO qDay (diabetes mellitus) Levothyroxine 25mcg PO qDay (hypothyroidisr Paracetamol 500mg PO, pm m) 17 Jun 2018 Review of sympto 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