

## OET Online Writing Medicine - 5.5

| <b>COMMENTS</b> |   |
|-----------------|---|
| Good:           | Understanding of the purpose of the letter                                      |
|                 | Prioritisation and organisation of information between and within paragraphs    |
|                 | Use of appropriate register (level of technical language) for the target reader |
| Problems with:  | Occasional use of incorrect verb form but without distracting from meaning.     |

**This might be an OET: borderline high B / low A – a good letter!**

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Mr. Jared Adullah  
Dietitian  
Mandeville Nutritional Centre

13 Mar 2019

Dear Mr. Adullah,  
Re: Martina Rogers DOB: 14 Oct 2000

Thank you for seeing Martina, a 19-year-old clerk who was diagnosed hypertension and suspected obstructive sleep apnea with underlying obesity. Her condition requires your nutritional advice on weight reduction.

Martina is a non-smoker and non-drinker. She has family history of obesity.

She first presented last week with a ~~six~~-month history of ~~symptoms of~~ poor sleep, impaired concentration and fatigue that ~~suggestive of~~ ~~suggested~~ obstructive sleep apnea. Physical examination revealed high blood pressure and obesity with BMI 33.9. ~~His~~ ~~Her~~ blood test showed elevated cholesterol and LDL. Martina was advised on lifestyle modification and weight reduction. On today's review, she also complained of daytime snoring. In view of ~~her~~ hypertension and suspected obstructive sleep apnea, she was prescribed a course of losartan and referred to ~~an~~ ~~OR~~ ~~the~~ ENT specialist for further assessment. I believe her condition will also benefit from further dietitian management ~~on~~ ~~with~~ nutritional assessment and weight reduction.

I would be grateful if you could provide your expert ~~nutritional~~ ~~nutrition~~-advice. Please do not hesitate to contact me should you have further questions.

Yours sincerely,

Dr. (GP)

**Commented [AB1]:** GRAMMAR: Either  
...that were suggestive of ... (use of adjective)  
OR  
...that suggested... (use of verb)

**Formatted:** Font: Italic

## CASE NOTES – Obesity & Sleep Apnoea

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

You are a GP managing a young lady with complications of obesity. Read the case notes below and complete the writing task which follows.

### **NOTES:**

**Patient:** Martina Rogers

**Date of birth:** 14 Oct, 2000 (19 y.o.)

**Address:** 23 Morgan Lane, Mandeville

**Height:** 161 cm      **Weight:** 88 kg      **BMI** 33.9 [normal <24.9]

**First visit:** 5 March, 2019

**Complaints:** Chronic fatigue. Sometimes wakes frequently during the night (but falls asleep quickly again). Awakened by own snoring. Shortness of breath climbing stairs. Difficulty concentrating at work.  
No palpitations, ↑ thirst or urination.

**Medical history:** Tonsillectomy - 9 y.o. Childhood obesity. No asthma.

**Social History:** Lives with roommate. No alcohol, smoking. Job – clerk in the Department of Motor Vehicles.

**Medication:** None

**Family history** Mother 42 y.o. – obese, chronic knee pain  
Father 42 y.o – obese, type II diabetic currently on

**Examination:** Obese. Looks tired. mm- pink, moist; no jaundice  
RR-14/min PR-74/min BP 140/81↑  
Resp – normal      CVS – normal heart sounds, no murmurs  
Abdomen – normal      ENT – no obstruction

**Lab tests:** Hb – 11.3      White cells – 11 (normal)      BUN – 7.9 mmol/L (normal)  
Cholesterol – 7.4 mmol/dL      HDL – 1.4      LDL – 4.2↑  
Triglycerides - 2.10 (normal)  
Random blood sugar - 6.8 mmol/L (normal)  
Urinalysis - normal  
ECG – normal

**Diagnosis:** 1) Obesity 2) mild hypertension 3)?sleep apnea

**Management:** 1) Advised re: daily exercise and calorie controlled diet for weight loss  
2) Home monitoring of a) blood pressure and b) nightly sudden waking x 1 week  
3) CT scan head/ neck 4) Chest X-ray  
Follow up in 1 week

## CASE NOTES – Obesity & Sleep Apnoea

**13 March, 2019**

**Subjective :** Slept poorly last week - woke 4-5 times/night. Roommate complained snoring was especially loud. Struggling at work; twice fell asleep on bus and missed stop.

**Objective:** BP home monitoring: min. 140/82 ; max. 148/90  
CT head and neck – normal, no anatomical obstructions  
Chest Xray – lungs clear, ↓lung volume

**Diagnosis:** 1) Obesity 2)Hypertension 3) ?Obstructive sleep apnoea (OSA)

**Management:** 1) Continue weight loss programme – refer to dietitian  
2) Losartan 25 mg o.d.  
3) Refer to ENT for evaluation and management plan for OSA

### WRITING TASK 1

Using the information given in the case notes, write a referral to the dietitian, Mr. Jared Adullah, Mandeville Nutrition Center, requesting help with weight loss.

### WRITING TASK 2

Using the information given in the case notes, write a referral to the ENT specialist, Dr. G Simms, Hollerby ENT Clinic, requesting assessment of obstructive sleep apnea.

**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**