

WRITING SUB-TEST – TEST BOOKLET

INSTRUCTIONS TO CANDIDATES

You must write your answer for the Writing sub-test in the **Writing Answer Booklet**.

You must **NOT** remove OET material from the test room.

Occupational English Test

WRITING SUB-TEST: OCCUPATIONAL THERAPY
TIME ALLOWED: READING TIME: 5 MINUTES
WRITING TIME: 40 MINUTES

Read the case notes and complete the writing task which follows.

Notes:

You are an occupational therapist in Newtown. You have assessed and prepared a treatment plan with this patient on referral from Dr Carol Smith.

PATIENT DETAILS:

Name: Melissa Godfrey (Ms)
DOB: 15/03/1972
Address: Flat 5, 18 Pine Street, Centreville
Marital Status: Separated from spouse
Occupation: Financial planner
Treating Doctor: Dr Carol Smith, Newtown
Moving to (new GP):
Dr Simone Hadley, Centreville

Case Notes

Medical History: Ms G has been off work (3 mths) with ongoing stress, anxiety & depression resulting from inability to 'switch off' after work. This caused absenteeism & tardiness, frequent sick leave, friction with colleagues, mistakes in work (picked up by clerk; no long-term repercussions with clients).
Response to stress: short temper, lethargy, overeating (unhealthy diet).
Has had some counselling – achieved limited success. Still struggling to deal with stress & anxiety, but now wishes to return to work.

Occupational Performance:

Self Care: Independent
Domestic: Independent but not cooking much; eating a lot of takeaway food.
Leisure: Has worked long hours in past. Few hobbies. Watches TV, occasionally meets friends for drinks. Ms G used to play guitar; likes reading, but has had little time; enjoys cycling, but not since splitting permanently last year with husband of 6 yrs. Has been on dates several times but has no steady relationship currently.
Since moving to Newtown, away from her usual support networks in Centreville, Ms G less involved with leisure activities.

20/09/2018

Plan:

Develop coping strategies:

- work on set of affirmations/meditations to do at work when it becomes stressful
- re-engage with social network; return to hobbies & external interests
- encourage healthier diet
- liaise with employer to develop a return-to-work plan: start part-time, adjust workload, etc. to make return easier

Schedule weekly visits to check progress.

Ms G has been staying with parents in Newtown during her leave from work, but is now returning home to own apartment in Centreville. Would like to make more progress & get back to work.

Writing Task:

The patient is transferring from Newtown back to Centreville. Write a letter to the patient's new doctor in Centreville. Use the information given in the case notes to outline for the doctor your plan for the patient's treatment and ongoing management of work and domestic issues. Address your letter to Dr Simone Hadley, 77 Main Street, Centreville.

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.

Any answers recorded here will not be marked.

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Occupational English Test**WRITING SUB-TEST: OCCUPATIONAL THERAPY
SAMPLE RESPONSE: LETTER**

Dr Simone Hadley
77 Main Street
Centreville

20 September 2018

Re: Ms Melissa Godfrey (DOB: 15/03/1972)

Dear Dr Hadley,

Ms Godfrey is transferring to your care from her current treating doctor here in Newtown, Dr Carol Smith. After careful assessment of her current condition, I have devised a plan to support her in her return to work.

Ms Godfrey is a financial planner who experienced difficulty switching off after work, leading to stress, lethargy, anxiety and depression. This had a detrimental effect on her work as well as her temper, causing conflict with colleagues, absenteeism and regular sick leave. In response to the stress, she also began to overeat. She has now been off work for three months.

Coping strategies aimed at helping her deal with her anxiety include resuming activities she previously enjoyed, such as playing guitar, reading and cycling as well as re-establishing her social networks in Centreville. Ms Godfrey would also benefit from encouragement to help change her current diet.

As she is keen to return to work, I suggest she execute a set of affirmations and meditations when feeling anxious, to help break the stress response. Communication with her employer is needed to establish a return-to-work plan, starting with limited hours and a lighter workload.

Weekly visits with an occupational therapist in Centreville to monitor her progress are advised.

Please contact me if you require any further information.

Yours sincerely,

Occupational Therapist