

## 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: DIETETICS**

**TIME ALLOWED: READING TIME: 5 MINUTES**

**WRITING TIME: 40 MINUTES**

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

### **Notes:**

You have been treating this patient, Dean Jones, after a review from his doctor for a nutritional assessment.

#### **PATIENT DETAILS:**

**Name:** Dean Jones

**DOB:** 30/12/71

**Medical history:** Hypercholesterolaemia

**Social history:** Job: airline industry – catering dept. Shift work – 5am some days/7pm other days.

Varies week-week, little notice given.

Lives alone – prepares own meals, does not enjoy cooking, ltd cooking skills. Not interested in food, had difficulty recalling recent diet.

**12/01/19** Referred by Dr Barnstaple; nutritional assessment & mgt of Wt and hypercholesterolaemia.

**Examination:** Wt: 86.8kg (56-71)

Ht: 168cm

BMI: 31 (RR 20-25)

Waist: 102cm (Target < 95cm)

Lipids: Cholesterol 7.0 mmol/L (RR: < 5.5mmol/L)

Lipid fractions: HDL - 1.1mmol/L (RR greater than 1.0mmol/L)

LDL - 4.5mmol/L (RR less than 4mmol/L)

Triglycerides - 1.8mmol/L (N less than 1.5mmol/L)

**Exercise:** V. active in past – gym and jogging.

Nil exercise in last few months – no motivation.

**Dietary Intake:** Usually nil for breakfast.  
When arrives at work (early shift) – toasted sandwich (white bread), ham & cheese.  
Drinks 3-4 coffees, 2 sugars + full cream milk during morning.

**Lunch**

From staff cafeteria – food choices include:

Hot chips

Pies/pasties

Pasta dishes (with cream sauce) Soft drink with lunch

**Afternoon**

Biscuits & cheese/nothing

**Dinner**

Take-away/very simple meals: e.g., fried eggs (2), toast (white bread)/instant noodles/  
burger (1/4-pounder + cheese) and fries/fried rice/beef noodle dish (local Chinese  
restaurant)

**After dinner**

Chips (plain or corn chips), soft drink can

**Assessment:** Dietary intake pattern irregular, often skips meals (esp b/fast). Dietary quality poor -  
low in fibre, ltd fresh fruit/veg, ltd intake wholegrain cereals. Fat, sugar & sodium  
intake excessive.

**Management:** Advised regular meals & snacks, fresh fruit, veg & salads daily, wholegrains,  
unsweetened drinks/water. Purchase healthier pre-prepared meals/takeaways.  
Sample menu provided. Exercise to be resumed.

R/V 1/12

**10/02/19** Lost 1.5kg (85.3kg), 0.5 cm at waist. Enjoying regular gym. Meals more reg, esp b/fast  
Eating fruit daily, cooking in evenings, e.g., frozen meals, veg 3/7 at least. Mood, energy  
levels improved.

R/V 2/12 after next blood tests. Continue with improvements.

**Writing Task:**

Using the information in the case notes, write a letter back to the referring doctor describing the situation. Address  
your letter to Dr Eva Barnstaple, 45 Cameron Street, Newtown.

**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: DIETETICS  
SAMPLE RESPONSE: LETTER**

Dr Eva Barnstaple  
45 Cameron St  
Newtown

10 February 2019

Dear Dr Barnstaple  
Re: Dean Jones, DOB 30/12/71

Mr Jones has attended our clinic twice, where the nutritional assessment and one review was completed as requested.

For his height of 168 cm, and weight of 86.8 kg he had a BMI of 31 at our initial consultation. This placed him beyond the ideal height to weight range of 56 – 71 kg and the recommended range for his BMI of 20 to 25.

His diet was generally poor with high intakes of sugar, fat and sodium, no breakfast, and a low consumption of fibre, fresh fruit and vegetables. In the last few months he had changed from a very active lifestyle to no exercise which may have affected his weight.

He was advised to have a more regular diet and consume more fresh fruit, vegetables and wholegrains. On review today, he is complying with the suggestions and is using the sample menu provided, cooking for himself or heating healthier frozen meals in the evenings. He is again enjoying regular exercise at the gym and he has lost 1.5 kg and 0.5 cm from his waist. I have scheduled another review in two months and would expect to see continued improvements. It would be advisable to repeat his blood tests after this.

Please do not hesitate to contact me should you need further information.

Yours sincerely,

Dietitian