

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:

Assume that today's date is 30 August 2019

You are working in an outpatients' clinic. Ms Miles has been referred for assessment by her GP. Ms Miles has had bilateral wrist problems since 2015 and was recently diagnosed with carpal tunnel syndrome.

PATIENT DETAILS:

Name: Ms Samantha Miles (**DOB:** 25 Dec 1984), 204 Belford Rd, Greenville

Social background: Single

Professional: IT consultant, busy career

Plays lots of sport – tennis 2x/wk, in competitive cricket team, trains 2x/wk + 1 match

Runs 70km/wk

Likes creative writing

Diagnosis: Nerve conduction studies (Feb 2019): carpal tunnel syndrome (CTS)

Medication: Analgesic, Panadol P.r.n. – mild/temporary relief

Naproxen 500mg P.r.n. – mild/temporary relief

Past medical history: Appendicectomy (1997)

R radius MUA (manipulation under anaesthesia) (2004)

Allergies – NKA

Annual coughs & colds. Nil other relevant

Current history: Seen numerous Drs for problems – sore wrists

2017 bilateral wrist X-rays: NAD

Complaint of pain, sometimes absent from work, uses computer 6 days per wk

Problems sleeping

New doctor (1st appt last wk) mentioned possible surgery. Pt refused to consider this option. Dr referred Pt for physio assess (tests & ongoing exercise program). Physio – wrist + forearm flexor exercises and provided splints for CTS

Dr referred Pt for OT assessment & activities plan in outpatients

30 Aug 2019

OT Assessment

- Examination:** Pt described pins and needles, numbness, in median nerve distribution (thumb, index, middle & radial side of ring finger) & burning anterior wrist pain at times
- Reports – difficulty using keyboard and mouse at work
– symptoms occur at night also, wrist & fingers stiff on waking
- Discussion:** Showed DVORAK keyboard (DVORAK – simplified keyboard that requires less finger movement). Liked it – said would use it
- Discussed re employer purchase keyboard
- Agreed to try keyboard 1 mth
- Advised regular breaks at work
- Regular stretching & ROM exercises for forearms, wrists & fingers
- Task variation at work → give wrists a break
- Rest & ice after sport/work + when symptoms aggravated
- Continue physio regime & trialling splints
- Not interested in any OT activities, only likes writing which uses computer, aggravates issue ++
- Agreed with Pt to hold off on OT activities
- Provided information brochure (wrist & forearm flexor activities)
- Plan:** OT supports physio Rx. Pt to contact OT if any problems with any changes to work activities
- Write letter to employer to provide DVORAK keyboard & request for alternative work responsibilities to ↓ computer use
- Write to doctor – explain assessment & suggested activity plan (postponed)
- Review in 4 wks following changes being trialled

Writing Task:

Using the information given in the case notes, write a letter to the referring doctor, Dr Timms, updating her on your assessment, recommendations and plan. Address the letter to Dr Roslyn Timms, 14 Ridgeway Ave, 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.

BLANK

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

Dr Roslyn Timms
14 Ridgeway Ave
Newtown

30 August 2019

Dear Dr Timms

Re: Ms Samantha Miles
DOB: 25/12/1984

Thank you for referring Ms Samantha Miles. I am writing to inform you of my assessment and recommendations for management of her bilateral Carpal Tunnel Syndrome.

Ms Miles is an IT consultant who uses computers for the majority of the week. Her occupation and sporting activities probably aggravate her condition.

I examined Ms Miles and discussed OT activities. I offered the activities program but she was not interested in participating. She is interested in writing, which we both agreed would increase computer use and perhaps further aggravate the condition. I recommended taking regular breaks at work, regular stretching and doing ROM exercises. I advised on the importance of varying work tasks, resting and icing after work and sport, and continuing recommended physiotherapy exercises and wearing splints.

We discussed ergonomic issues, including keyboard and mouse use. She trialled the DVORAK keyboard and agreed to use one at work for one month. Ms Miles has been provided with some wrist and forearm flexor activities which she is able to do in conjunction with regular use of the splint.

I will write to her employer requesting a new keyboard and allowing alternative duties to ensure breaks from computer tasks, if necessary. I will review Ms Miles' situation in four weeks.

Please contact me should you have any queries or wish to discuss this plan.

Yours sincerely

Occupational Therapist