

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:

Assume that today's date is 30 August 2019.

Your patient was referred by a local doctor, Dr Trevor Low, for management of lifestyle and diet at her request following an increase in LDL and low vitamin D levels.

PATIENT DETAILS:

Patient history: Mrs Christine Jones (DOB: 13 Jun1968)
Ht: 165cm **Wt:** ≈73kg (BMI: 27) **Waist:** ≈90cm

Social background: Married, 4 adult children
Semi-retired. Works in IT
Non-smoker, non-drinker

Medical history: Strong family history of fatal acute myocardial infarction
2018 removal of squamous cell carcinoma (SSC) (nose)

Pathology records:

26 Nov 2018

FBE, U&Es, LFTs: All NAD

Lipids: Total cholesterol 4.8mmol/L (< 5.5)
HDL cholesterol 1.4mmol/L (0.9-2.2)
LDL cholesterol 2.9mmol/L (< 2.0)
Triglycerides 1.1mmol/L (0.5-2.0)
LDL/HDL 2.1
Chol/HDL 3.4
Vitamin D < 20 (60-160mmol/L)

20 Aug 2019

FBE, U&Es, LFTs: All NAD

Lipids: Total cholesterol 5.3mmol/L (< 5.5)
HDL cholesterol 1.3mmol/L (0.9-2.2)
LDL cholesterol 3.5mmol/L (< 2.0)
Triglycerides 1.2mmol/L (0.5-2.0)
LDL/HDL 2.7
Chol/HDL 4.1
Vitamin D < 54 (60-160mmol/L)

Current medication: Ostelin (vitamin D) mane increased to Ostevit-D 1000IU commenced 20/08/19
Atorvastatin (Lipitor) 20mg mane 20/08/19
For review with doctor in 3 mths – more pathology including serum parathyroid hormone

Dietetic consultation record:

30 Aug 2019

- Assessment:** Pt saw doctor re pathology results 20 Aug 2019 – changed medication. Pt determined to discontinue medication ASAP. Dr agreed to diet advice. Explained difference between LDL (bad) & HDL (good). Reinforced importance of diet & medication with review pathology by Dr in 3 mths
- Focus on diet:** Attention to vit D levels, calcium. Aware of importance of calcium, vit D for ↓risk of osteoporosis, osteomalacia
Further ↓saturated fats, include small amounts unsaturated fats. Discussed intake in detail & importance of exercise
- Current intake:** Breakfast: Coffee, black x3 during am
Morning: Apple 1-2/day
Lunch: Sandwich toasted, cheese, salami, sometimes salad. Tonic water
Afternoon: Drinks tonic water. Very little water, nuts (unsalted)
Dinner: Fish, lamb, beef, steak, chicken, etc. Roasts (never with oils)
Rice (occ. brown), pasta, potato. Vegetables – 2 to 3 steamed, microwaved, salad (occasionally)
Late night supper: custard, sweet cereal, ice cream
- Exercise:** Walks ~5km/day briskly, rides bike 5-10km x5/wk
Advised no exercise b/w 11am-3pm esp. in summer. In winter ↑sun exposure
Emphasised importance of exercise to assist ↑HDL ↓LDL (aerobic exercise)
- Management:** Discussed importance of diet:
Have breakfast, e.g., regular oats, fruit, ↑water, ↓coffee, ↓tonic water due to sugar content
Wholegrain bread. Basmati rice or whole grain pasta, ↓white rice
Sweet potatoes rather than white potatoes
↓Number of meat meals/wk – ↑salmon, tuna, vegetarian/salad content in meals, esp. mushrooms. ↓Salami, ↑fresh fruit
More variety ++
Fresh fruit for dessert/low-fat ice cream, only occasionally
Oatmeal, muesli or bran cereal sprinkled on dessert instead of sweet cereal
↑Dairy products: low-fat yoghurt & milk, etc.
Consider fish oil tablets
Exercise excellent. Consider inclusion of resistance training x2/wk, to be discussed with Dr
Strongly advised not to go off medication without full consultation. Review in 1 mth

Writing Task:

Using the information given in the case notes, write a letter to Dr Trevor Low with your assessment and recommendations. Address your letter to Dr Trevor Low, Highlands Medical Centre, 100 Home Road, Highlands.

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 Trevor Low
Highlands Medical Centre
100 Home Road
Highlands

30 August 2019

Dear Dr Low

Re: Mrs Christine Jones
DOB:13/06/1968

I am writing to inform you about my dietary assessment and management of Mrs Christine Jones following her hyperlipoproteinemia and hypovitaminosis D.

Mrs Jones' diet is reasonable but there are changes that may assist with levels of LDL and vitamin D, in conjunction with her medication.

We discussed the diet modifications she could make by replacing her current food choices with low GI alternatives. The focus was on increasing fruit and vegetable consumption. Suggestions to increase intake of fish such as tuna and salmon were also made, and also to commence fish oil supplements. Mrs Jones should increase her water intake, decrease her coffee consumption and reduce the amount of sugar and saturated fat.

Mrs Jones' exercise is excellent, walking 5km per day and riding her bike several times a week for approximately 5 to 10kms. I emphasised the importance of continuing this to assist with her management of lipoproteins and to discuss with you the inclusion of resistance exercise.

My main concern is that Mrs Jones may not comply with her medication regime. I have suggested that she return to see me in one month.

If you require any further information, please do not hesitate to contact me.

Yours sincerely

Dietitian