

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 15 May 2021. You are a dietitian at Stillwater Health Clinic. Mr Sason has been referred to you by his doctor for dietary advice and management.

PATIENT DETAILS:

Name: Mr Emilio Sason
DOB: 18 Nov 1956 (age 64 y.o.)
Address: 293 Broad Street, Stillwater

Social background: Independent contractor – house renovations. Now working part time and mainly project management (no physical labour)

Medical history: 2021 hypercholesterolaemia
2021 angina

Family history: Strong history of heart disease
Father – died of heart attack (age 58)
Mother – hypertension

Medication: Metoprolol (angina)

Treatment Record:

8 May 2021

Reason for presenting: Worsening angina with activity and after meals, hypercholesterolaemia

Anthropometry: Wt: 103kg Ht: 180cm BMI: 31.7 (obese) Waist: 115cm

Dietary information: High fat diet, high in high GI carbohydrates, fried foods
Lunch: fast food – convenient to eat in car
Snacks: chocolates, crisps, occasional soft drinks
Dinner: wife cooking most nights, takeaway about 2 nights/wk

Full blood examination results:

Total cholesterol:	220 mg/dL (normal: < 200 mg/dL)
LDL cholesterol:	118 (normal: < 100 mg/dL)
HDL cholesterol:	38 (normal: > 40 mg/dL)
C-reactive protein (CRP):	1.5 mg/L (average heart disease risk)

Evaluation: Multiple coronary risk factors – obesity, hyperlipidaemia, family history
Diet – excessive in total energy, high in fat (especially saturated fat), high in unrefined carbohydrates with a high GI, high in sodium, low in fibre

- Management goals:**
- Lower energy intake
 - Improve fatty acid profile of diet (↓ saturated fats, ↑ monounsaturated & polyunsaturated fats)
 - ↓ total carbohydrate intake (↓ high GI carbohydrates, ↑ low GI carbohydrates)

Specific advice includes:

- Avoid fried fast food, prepare lunch at home (e.g., healthy leftovers/sandwich with lean chicken & salad)
- Change type of fat used in cooking at home (e.g., butter/margarine to olive/canola oil)
- ↓ unrefined carbohydrate foods, choose healthier low GI options (e.g., brown rice, wholemeal pasta, wholegrain bread, high fibre cereal)
- ↑ portions & variety of vegetables & salads, and use healthy dressings (e.g., olive/canola oil & lemon juice/balsamic vinegar)
- Snacks between meals: fresh fruit/unsalted nuts
- ↑ legumes (e.g., baked beans, soybeans, lentils, tofu) in diet
- Oily fish at least 1x/wk
- Trim all visible fat from meat, remove poultry skin (eat only the meat)
- Avoid added salt at the table & in cooking, avoid salty foods
- ↑ physical activity (e.g., walk for 20 mins after dinner)

15 May 2021

Progress:

Wt: 102kg (-1kg) Waist: 114cm (-1cm)

- Eating home-prepared lunches/snacks at work, no takeaway foods
- Trying ↓ amount & frequency of high carbohydrate foods – but difficult (enjoys pasta & bread)
- Reports: wife uncertain about healthy food preparation
- Walked 2x after dinner in past week

Plan:

- Suggested client keep going with current changes/diet & exercise programme
- Gradually ↓ amount & frequency of high carbohydrate foods by ↓ portion of pasta & ↑ salad (given 'healthy heart' recipe booklet)
- ↑ walking to 3-4x/wk

Writing Task:

Using the information given in the case notes, write a letter to the referring doctor, Dr Green, outlining your assessment of Mr Sason, his progress-to-date, and your management plan. Address the letter to Dr Susan Green, Stillwater Medical Clinic, 90 North Street, Stillwater.

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 Susan Green
Stillwater Medical Clinic
90 North Street
Stillwater

15 May 2021

Dear Dr Green

Re: Mr Emilio Sason
DOB: 18 Nov 1956

Thank you for referring Mr Sason for dietary management of his angina and coronary risk factors. I am writing to update you on his progress.

The initial evaluation on 08 May 2021 showed that Mr Sason's diet was excessive in total energy, high in fat, unrefined carbohydrates and sodium, and low in fibre. We established management goals, which include lowering his total carbohydrate, fat and energy intake, and improving the quality of carbohydrates (high fibre, low GI) and fats (monounsaturated and polyunsaturated). He was advised to avoid fried and fast foods, change the type of fat he uses when cooking, choose healthier low GI options and include a variety of vegetables, salads, fruits, nuts and legumes.

At his follow-up consultation today, Mr Sason showed good progress. He has lost 1kg and 1cm from his waist, and has successfully avoided takeaway foods, although he has a weakness for pasta and bread. We have supplied him with a 'healthy heart' recipe booklet to assist in healthy meal preparation.

Mr Sason has walked twice after dinner in the past week and has been encouraged to increase this to three to four times a week.

Overall, Mr Sason was advised to continue with the current changes to his diet and exercise programme.

Yours sincerely

Dietitian