

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 14 March 2019

Tim Langham was referred to you by his GP for dietary advice.

PATIENT DETAILS:

Patient: Mr Tim Langham

DOB: 01 Aug1995

14 Mar 2019

Presenting Complaint:

Anaemia diagnosed by referring GP

History of Presenting Complaint:

Moody, irritable, withdrawn, mild depression, lethargy

Weight loss - "a few kilos"

Past Medical History: Asthma, childhood onset

Chickenpox, 2000

Measles, 2004

Anthropometric Data: Height: 180cm

Weight: 66kg

BMI: 20.4

Biochemical Data: FBE

Hb* 118g/L (Ref range: 130-180g/L)

Serum iron 12µmol/L (Ref range: 10-30µmol/L)

Ferritin 30g/L (Ref range: 30-300g/L)

B12* 200µmol/L (Ref range: 120-680µmol/L)

Serum folate 36 nmol/L (Ref range: 7-45nmol/L)

Medication: B12 (1,000µg) IM injection, every 3-6 months

Ventolin inhaler

Social History:

Vegetarian for 7 years, doesn't like eating eggs
University student; lives in shared house near university Shares with 3 other students; all share cooking
No partner
Body-conscious, works out at gym 2-3 hours per day
Non-smoker; no recreational drug use
Social drinker (weekends – 2-3 drinks/night, wine or spirits)
Amino acid supplements

Dietary Information:

Breakfast: Cereal with low-fat milk
Toast (white bread) with jam, honey, or peanut butter
Orange juice
Coffee

Morning tea: Wholemeal salad sandwich
Cola or sports drink

Lunch: Pasta with vegetarian sauce
Cake
Tea or coffee

Mid-afternoon: High protein cereal bar or high protein milk shake

Dinner: TV dinners/frozen dinners – soups, pasta with vegetarian sauce, rice, potatoes
Ice-cream &/or tinned fruit/mousse

Supper: Dry biscuits with cheese or chocolate bar
Coffee

Management:

Advice given: ↑ vegetarian sources of iron – e.g., legumes, green leafy vegetables, dried apricots, figs, nuts combine with vitamin C-containing foods (↑ absorption)
reduce exercise (hours/intensity) to ↑ iron absorption

Immediate plan:

draw up dietary menu plan
recommend fresh food especially fruit & vegetables
iron supplement

Patient wishes to discontinue IM B12 - discuss with GP
Patient believes his diet is good – reluctant to change exercise habits

Writing Task:

Using the information in the case notes, write a letter back to the referring GP, Dr Bruce Russell, Health First Clinic, 123 High 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 Bruce Russell
Health First Clinic
123 High Street
Newtown

14 March 2019

Dear Dr Russell

Re: Tim Langham, DOB 1 August 1995.

I am writing to you regarding your patient, Mr Tim Langham, who attended today for dietary advice. As per your request, I am outlining my advice for the dietary management of his anaemia.

We discussed the vegetarian dietary sources of iron, for instance green leafy vegetables, legumes and dried fruits. We also explored some basic principles of food combining for the foods that he does consume: I suggested combining his iron-containing foods with vitamin C-containing foods to enhance iron absorption.

Finally, I asked Tim to reduce the length and intensity of his exercise regimen as this may also be contributing to his low ferritin status.

A dietary menu plan has been drawn up based on our discussion but he is still reluctant to make any changes to his diet. I have consequently advised him to commence iron supplements; however, he does not wish to take them. He is likewise disinterested in continuing the IM B12 injections, and I advised him to discuss this with you.

He has been given written information and advised to recontact the clinic if he needs further support.

Yours sincerely

Dietitian