

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.

Mr White was referred to you by his doctor for weight loss management.

PATIENT HISTORY

Name: Larry White (Mr)
DOB: 05 Aug 1971
Social background: Works as logistics manager for major supermarket chain
Recently divorced, 2 children – has access 3 days per week and 1 school holiday
Medical history: Fatty liver
Long-term morbid obesity
Stomach stapling (2005)
Recent test results: Cholesterol: 5.8 mmol/L (incr from 4.5 – target < 4.5)
Triglycerides: 4.0 mmol/L (target < 2.0)
Weight history: Gained 5kg in last 3–4 months
Diagnosed diabetes 2000
Stomach stapling 2005 – Wt: 160kg to 120kg
Wt ↑ within 1 year after gastric stapling to approx 130kg
Current Wt: 135kg (weighed at home)
Ht: 175cm
BMI: 44.1 (ideal 20–25)
V sedentary, difficult to walk (wt)
16 Aug 2019 Referred by Dr Green; for management of ↑ chol, ↑ triglycerides & Wt loss
Dietary intake: Breakfast: Wholewheat cereal, 1/2 banana, normal milk
Tea (no sugar), evaporated milk (fat reduced, unsweetened)
Snack: Tea (as above), apple
Lunch: Bread roll (white), low-fat cheese, tin tuna, lettuce, cola (light)
Afternoon: Tea, 2 fried samosas
Dinner: 1 Roti bread, chicken curry (large bowl), 2 cups Basmati rice,
1 serve fish curry in coconut milk (large bowl), tea
Other dinner meals: 500g steak or chops, with roasted
potatoes, steamed veg
After dinner: Chips, nuts, sweet biscuits (due to boredom)

Summary of intake: Many attempts to lose Wt – no effect
Currently eating regular meals, making some healthy choices (low-fat cheese, fish, light cola). Overall energy intake excessive – large portion sizes (esp. in evening), high fat, sugar snacks in evening

Suggested meal plan: Regular meals – include healthy snack between meals to prevent snacking on unhealthy foods. ↓ fat intake (low fat dairy foods, smaller portions meat, light coconut milk in cooking)
Controlled portion sizes – e.g., halve meat serves, ↓ intake breads, rice (meal plan provided)
Keep food diary, bring to next appointment (review 2 wks)

30 Aug 2019

Review: Brought food diary – Pt commented diary useful for awareness of eating patterns
No significant Wt change, reports feeling better
Food diary shows regular meals, healthy snacks between meals
Meat serves still excessive (300–400g) but ↓
↓ snacking at night – 1-2/wk instead of daily
Eating ↑ fruit & veg, ↓ bread & rice
Review 2 wks

Writing Task:

Using the information given in the case notes, write a letter to the referring doctor describing the current situation and changes made by the patient. Address your letter to Dr David Green, 16 High St, 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 David Green
16 High St
Newtown

30 August 2019

Dear Dr Green

Re: Larry White
DOB: 05/08/1971

I am writing to update you on Mr White's progress in regard to his weight loss management.

At his first visit on 16/08/19, Mr White was obese, with a body mass index of 44.1 (ideal 20-25), weighing 135kg. His total cholesterol levels were 5.8mmol/L (ideally below 4.5mmol/L) and triglycerides 4.0mmol/L (ideally below 2.0mmol/L). As you may be aware, he has a history of unsuccessful weight loss attempts, including stomach stapling in 2005, after diabetes was diagnosed in 2000. He lost 40kg then, but started to gain weight again within a year. He exercises very little, due to his excess weight.

Mr White was eating excessive portion sizes and had a high intake of fat and sugar. He was advised to eat regular healthy meals with healthy snacks between meals, was given a meal plan, and asked to keep a food diary.

On review today, he has had no significant weight loss but reports feeling better. He is still eating large portions of meat, but has reduced evening snacking and is eating more fruit and vegetables, and less bread and rice. He reports that the food diary has assisted with healthier food choices. His next review is in two weeks.

Yours sincerely

Dietitian