OCCUPATIONAL ENGLISH TEST

DIESAMPLE01

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.

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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Moody, irritable, withdrawn, mild depression, lethargy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.

BLANK

DIESAMPLE01

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