

## 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: PODIATRY**

**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 attending to an endurance runner, a regular client at your podiatry clinic.

#### **PATIENT DETAILS**

**Name:** Ms Sonia Clarke  
**DOB:** 20 Nov 1988 (Age 32)  
**Address:** 68 High Street, Parkview

**Social background:** Single, lives alone  
Accountant  
Marathon runner (very active)

**Medical history:** Athlete – thin-framed  
Body weight – low (49kg), BMI: 18.2  
Menstrual irregularities incl. 6 months amenorrhea (absence of menstrual periods)  
February 2020 – medial tibial stress syndrome ('shin splints'). Treatment: orthotics & podiatric consultation (running technique + exercises for lower leg muscles)

#### **Podiatrist appt. 15 May 2021:**

**Presenting problem:** 6-week history L midfoot pain (pinpoint pain over top of foot) with running, worsening progressively  
Coincided with alteration in training regime (↑ distance & intensity)  
As day progresses ↑ pain  
Treatment: non-weight bearing (WB) activities & ↓ training load – no improvement  
Training – unable to continue

**Discussions:** Localised swelling over mid-dorsum of L foot  
Pt distressed, wanting to resume training as soon as possible  
Next marathon – in 2 months  
Pt disappointed with orthotics

**Diagnosis:** ?bone marrow oedema or stress fracture in L metatarsal bones  
Menstrual irregularities, low body weight → ?osteopenia/osteoporosis

**Recommendations/Management plan:**

Maintain orthotic support – cushioned shock absorbing soles aid management of stress fracture

Rest from running, avoid WB activities, encourage cross-training (swimming, cycling)

Commence Ostelin (calcium and Vitamin D supplementation)

Contact Dr and refer Pt with following recommendations:

- MRI to confirm diagnosis (explained to Pt)
- Review menstrual irregularities

**Writing Task:**

Using the information given in the case notes, write a letter of referral to a local doctor, Dr Cowley, outlining Ms Clarke's case and requesting an assessment and confirmation of your diagnosis. Address the letter to Dr Max Cowley, 22 Northshore Road, Baypark.

**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

**Occupational English Test****WRITING SUB-TEST: PODIATRY****SAMPLE RESPONSE: LETTER OF REFERRAL**

Dr Max Cowley  
22 Northshore Road  
Baypark

15 May 2021

Dear Dr Cowley,

Re: Ms Sonia Clarke  
DOB: 20 Nov 1988

I am referring for your assessment Ms Clarke, an endurance runner with a six-week history of left midfoot dorsal pain on running. Her injury suggests bone marrow oedema or stress fracture of the left metatarsal bones.

The onset of pain coincided with an increase in the distance and intensity of Ms Clarke's training. The pain has not improved despite substituting her running load with non weight-bearing activities. She now reports pinpoint pain over the top of her foot, which worsens during the day. She is unable to continue training, which is causing her some distress as she has a marathon scheduled in two months' time. On examination, there is localised swelling over the mid-dorsum of her left foot.

Ms Clarke was diagnosed with medial tibial stress syndrome in 2020, which was managed with orthotics and advice on running technique and leg muscle exercises. She also has a history of menstrual irregularities and reports six months of amenorrhoea. This, combined with her low BMI, suggests the possibility of underlying osteopenia/osteoporosis.

I would appreciate your investigation and confirmation of the diagnosis. Ms Clarke understands that an MRI will likely be required. I also recommend her menstrual irregularities be reviewed. Meanwhile, I have suggested she cease all running and pursue cross-training activities, maintain her orthotics and commence taking Ostelin.

Yours sincerely

Podiatrist