

OET Case Notes

Dietetics · Intermediate · Referral letter · to General Practitioner

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Dietetics — Letter to the GP about a Malnourished Patient

THE CASE NOTES

Patient: Mrs Margaret Hollis, 76 years old, lives alone

Referral reason: Unintentional weight loss 7 kg over 4 months; referred by GP for dietetic assessment

Assessment: BMI 17.8; MUST score 2 (high risk); reduced appetite; ill-fitting dentures limiting intake

Background: Recent bereavement; cooking and shopping have become difficult

Intervention: Food-first advice given; oral nutritional supplements started twice daily; fortified meals

Progress: 1 kg gain over 3 weeks; tolerating supplements

Plan: Continue supplements for 8 weeks; dietitian to review in 6 weeks; GP to monitor weight and arrange a dental review

Task: Write a letter to the GP, Dr Lowe, summarising the nutritional assessment and the management required in the community.

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WHAT TO INCLUDE

- + **The objective nutritional status: BMI, MUST score, weight change**
These quantify the risk and justify ongoing intervention; they are the dietitian's core contribution.
- + **The intervention and early response**
Tells the GP what is working so it can continue without interruption.
- + **The two actions for the GP: monitor weight, arrange a dental review**
The ill-fitting dentures are a treatable cause of poor intake, so the dental referral is decision-relevant.

WHAT TO LEAVE OUT

- **The bereavement beyond a brief mention**
Relevant as context for reduced intake, but the GP already knows the patient; one line is enough, not a narrative.
- **Detailed food diary entries**
Summarise the plan rather than transcribing daily intake; the detail pads the letter without changing the GP's actions.

CRITERION IN FOCUS · CONCISENESS & CLARITY

Nutrition cases tempt you into social storytelling. The marks come from stating the objective status and the plan concisely. A letter that drifts into the patient's life story loses Conciseness & Clarity even when sympathetic.

Write this letter, then get it marked at writingcorrectionservice.com/oet-writing-services