

OET Case Notes

Physiotherapy · Beginner · Referral letter · to General Practitioner (GP)

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OET Case Notes: Physiotherapy Post-Stroke Rehab Referral (Beginner)

THE CASE NOTES

Patient: Mrs Rita Osei, 66 years old

Background: Ischaemic stroke (right MCA territory) 4 weeks ago; discharged home with community physiotherapy

Mobility: Ambulant independently indoors; single-point stick outdoors; manages stairs with one rail

Left-sided weakness: Mild residual left upper and lower limb weakness; gait mildly unsteady at pace

Upper limb: Left hand grip reduced; handwriting slower but functional; no neglect

Ongoing concern: Mild ankle dorsiflexion weakness — foot-drop risk with fatigue; possible orthotic assessment indicated

Home exercise programme: Issued and demonstrated; patient engaged and motivated

Patient goals: Return to driving; resume twice-weekly yoga

OT plan: Requesting GP review for orthotic referral and fitness-to-drive assessment guidance

Task: Write a referral letter to Mrs Osei's GP, Dr Paul Mackay, summarising the physiotherapy assessment and requesting review regarding orthotic referral and guidance on return to driving.

WHAT TO INCLUDE

+ The functional baseline — what she can do independently and what she cannot

The GP needs a functional picture to decide on onward referral. 'Mild left-sided weakness' alone is too vague; describe the actual impact on mobility and daily activities.

+ The two specific requests: orthotic assessment and fitness-to-drive guidance

A referral letter must state what action is required. Both requests must be explicit so the GP can act on them independently.

+ The ankle dorsiflexion finding and foot-drop risk

This is the clinical justification for the orthotic referral. Without it, the request appears arbitrary.

WHAT TO LEAVE OUT

– The stroke diagnosis in detail (MCA territory, ischaemic type)

The GP ordered the community physiotherapy — they know the diagnosis. A brief mention for context is fine; a stroke overview is not.

– The patient's yoga and driving goals as clinical concerns

Goals are useful context for motivation and urgency, but they do not require clinical action from the GP. Include them briefly; do not make them the letter's focus.

CRITERION IN FOCUS · CONTENT

For a beginner referral, the Content mark comes from selecting the two or three clinical details that justify each request. What does the GP need to grant the orthotic referral? The ankle weakness and foot-drop risk. What do they need to advise on driving? The functional picture and the patient's readiness to ask. Everything else is background.

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