



# OCCUPATIONAL ENGLISH TEST

**WRITING SUB-TEST: OCCUPATIONAL THERAPY**

**TIME ALLOWED: READING TIME: 5 MINUTES**

**WRITING TIME: 40 MINUTES**

Read the case notes and complete the writing task which follows.

## **Notes:**

You are an occupational therapist in Newtown. You have assessed and prepared a treatment plan with this patient on referral from Dr Carol Smith.

### **Patient Details**

**Name:** Melissa Godfrey (Ms)  
**DOB:** 15/03/1972  
**Address:** Flat 5, 18 Pine Street, Centreville  
**Marital Status:** Separated from spouse  
**Occupation:** Financial planner  
**Treating Doctor:** Dr Carol Smith, Newtown  
**Moving to:** Dr Simone Hadley, Centreville

### **Case Notes**

#### **Medical History:**

Ms G has been off work (3 mths) with ongoing stress, anxiety & depression resulting from inability to 'switch off' after work. This caused absenteeism & tardiness, frequent sick leave, friction with colleagues, mistakes in work (picked up by clerk; no long-term repercussions with clients).

Response to stress: short temper, lethargy, overeating (unhealthy diet).

Has had some counselling – achieved limited success. Still struggling to deal with stress & anxiety, but now wishes to return to work.

#### **Occupational Performance:**

**Self Care:** Independent  
**Domestic:** Independent but not cooking much; eating a lot of takeaway food.

**Leisure:** Has worked long hours in past. Few hobbies. Watches TV, occasionally meets friends for drinks.

Ms G used to play guitar; likes reading, but has had little time; enjoys cycling, but not since splitting permanently last year with husband of 6 yrs. Has been on dates several times but has no steady relationship currently.

Since moving to Newtown, away from her usual support networks in Centreville, Ms G less involved with leisure activities.

**Plan:**

Develop coping strategies:

- work on set of affirmations/meditations to do at work when it becomes stressful
- re-engage with social network; return to hobbies & external interests
- encourage healthier diet
- liaise with employer to develop a return-to-work plan: start part-time, adjust workload, etc. to make return easier

Schedule weekly visits to check progress.

Ms G has been staying with parents in Newtown during her leave from work, but is now returning home to own apartment in Centreville. Would like to make more progress & get back to work.

**Writing task:**

The patient is transferring from Newtown back to Centreville. Write a letter to the patient's new doctor in Centreville. Use the information given in the case notes to outline for the doctor your plan for the patient's treatment and ongoing management of work and domestic issues. Address your letter to Dr Simone Hadley, 77 Main Street, Centreville.

**In your answer:**

- **expand the relevant case notes into complete sentences**
- **do not use note form**
- **use letter format**

**The body of the letter should be approximately 180-200 words.**

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**SAMPLE RESPONSE: LETTER**

Dr Simone Hadley  
77 Main Street  
Centreville

*(Today's date)*

Re: Ms Melissa Godfrey (DOB 15/03/1972)

Dear Dr Hadley,

As Melissa Godfrey is transferring to your care from her current treating doctor in Newtown, Dr Carol Smith, I have assessed Ms Godfrey in Newtown and set out a plan for her to support a return to work.

Ms Godfrey is a financial planner who experienced difficulty switching off after work, leading to stress, anxiety and depression. This affected her work and caused problems including absenteeism, sick leave and conflict with colleagues and led to problems with temper, lethargy and overeating. The patient has been off work for three months and staying with her parents in Newtown. She is permanently separated from her husband of six years (since last year).

Coping strategies will help deal with her anxiety. She can resume activities she previously enjoyed, such as guitar playing, reading and cycling. Group activities should help her to rebuild her social networks in Centreville. Ms Godfrey needs support to address her diet and general health issues.

In relation to Ms Godfrey's desire to return to work, I suggest working on a set of affirmations and meditations, so that when she begins to feel anxious at work, she can break her stress response and stay calm. Liaison with her employer is required to establish a return-to-work plan, starting with limited hours and a lighter workload.

I suggest weekly visits with an occupational therapist in Centreville to monitor her progress.

Please contact me if you require any further information.

Yours sincerely,

Occupational Therapist