

OET Case Notes

Dietetics · Intermediate · Discharge letter · to General Practitioner

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Dietetics — Discharge to GP following Inpatient Malnutrition Management

THE CASE NOTES

Patient: Mrs Elsie Park, 74 years old; oesophageal adenocarcinoma on palliative chemotherapy

Presentation at admission: Weight 47 kg (BMI 18.2); MUST score 3 (high risk); 6 kg weight loss over 6 weeks; poor oral intake secondary to chemotherapy-related mucositis and dysphagia

Inpatient intervention: Modified texture diet (IDDSI level 4 — pureed); oral nutritional supplements (Fortisip Compact Protein 200 mL BD); antiemetics adjusted; SLT assessment confirmed IDDSI level 4 appropriate

Discharge weight: 49.2 kg (+2.2 kg over 12 days)

Discharge plan: Continue IDDSI level 4 diet; continue Fortisip Compact Protein 200 mL BD (NHS prescription requested); weigh weekly at GP practice

Monitoring required: Weight weekly for 4 weeks then monthly; refer back to hospital dietitian if weight drops below 48 kg or further 1 kg loss in 1 week; albumin and CRP monthly (inflammation masks albumin as nutritional marker)

Task: Write a discharge letter to the GP, Dr Niall Sheridan, summarising the dietetic management and the ongoing nutritional monitoring plan.

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WHAT TO INCLUDE

+ The discharge weight (49.2 kg, +2.2 kg) and MUST score 3 at admission

The weight trajectory — severely malnourished at admission, modest but meaningful 2.2 kg gain in 12 days — is the central clinical fact of the handover.

+ Fortisip Compact Protein 200 mL BD on NHS prescription, and IDDSI level 4 diet continuation

The GP must issue the ongoing prescription and reinforce the texture level at home reviews. Without knowing the product and dose, they cannot act.

+ The monitoring thresholds: refer back if weight drops below 48 kg or 1 kg loss in one week

Specific action-thresholds convert a monitoring instruction into an actionable plan.

WHAT TO LEAVE OUT

– The SLT assessment findings in detail

The SLT writes their own discharge communication. A brief mention — 'texture confirmed appropriate by SLT (IDDSI level 4)' — is sufficient.

– The oncology treatment regimen and chemotherapy schedule

A separate care stream. Context only: 'currently on palliative chemotherapy; fatigue and nausea are the primary barriers to oral intake'.

CRITERION IN FOCUS · CONTENT

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Dietetic discharge letters are graded on whether the GP can continue the nutritional plan from the letter alone. The three must-haves: (1) the nutrition supplement product, dose and prescription status, (2) the texture level, (3) the monitoring thresholds that trigger re-referral. A letter that delivers two of three fails Content.

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