

# OET Case Notes

Dietetics · Intermediate · Referral letter · to General Practitioner

[oetwritingcorrection.com](http://oetwritingcorrection.com)

## 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.

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

### 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 [oetwritingcorrection.com/oet-writing-services](http://oetwritingcorrection.com/oet-writing-services)