

# OET Case Notes

Dietetics · Intermediate · Transfer letter · to Community Dietitian

oetwritingcorrection.com

## Dietetics — Transfer to Community Dietitian for Post-Bariatric Nutritional Support

### THE CASE NOTES

**Patient:** Mrs Deborah Kinsella, 41 years old; 6 weeks post Roux-en-Y gastric bypass

**Current weight:** 118 kg (down from 135 kg at surgery — 17 kg loss)

**Diet progression stage:** Currently Stage 3 (soft moist foods, bite-sized pieces, no bread/rice/pasta/tough meat); due to progress to Stage 4 (regular textures, smaller portions) at 8 weeks post-op

**Eating behaviours:** Eating too fast (reminded at today's appointment); portion size appropriate; no dumping syndrome symptoms; adequate protein intake (minimum 60 g/day achieved)

**Supplementation:** Bariatric multivitamin (Forceval 1 tablet daily), elemental calcium citrate 1200 mg daily, vitamin D 3000 IU daily, vitamin B12 1000 mcg sublingual monthly; prescribed by bariatric team

**Blood monitoring:** Bloods at 3 months post-op: full blood count, iron studies, ferritin, B12, folate, zinc, calcium, PTH, vitamin D — request with GP

**Concerns:** Remains at risk of iron deficiency (pre-op ferritin 14 — borderline); has not started supplemental iron yet as prescribed (compliance concern)

**Next appointment:** Community dietitian at 8 weeks post-op (diet stage progression review); hospital bariatric dietitian at 3 months (bloods review)

**Task:** Write a transfer letter to the community dietitian, Ms Karen Boyle, summarising Mrs Kinsella's current nutritional status and the plan for the next 6 weeks.

**Task: Write a transfer letter to the community dietitian, Ms Karen Boyle, summarising Mrs Kinsella's current nutritional status and the plan for the next 6 weeks.**

### WHAT TO INCLUDE

#### + Current diet stage (Stage 3) and the Stage 4 progression at 8 weeks

The community dietitian's first appointment is the Stage 4 progression review. Without knowing the current stage, they cannot complete this primary task.

#### + The supplementation protocol and the iron compliance concern

Bariatric supplementation is lifelong and non-negotiable. The iron non-compliance flag specifically needs follow-up in the 8-week session.

#### + The 3-month blood test list for the GP

Micronutrient monitoring after bariatric surgery requires a specific panel — not a standard blood count. The community dietitian should check at 8 weeks whether the GP request has been made.

### WHAT TO LEAVE OUT

#### – The surgical technique details of the Roux-en-Y bypass

The community dietitian knows the procedure. One reference — 'Roux-en-Y gastric bypass 6 weeks ago' — is sufficient context.

#### – Psychological support status in detail

A separate stream. 'Bariatric psychology follow-up is continuing' in one clause covers it.

# OET Case Notes

Dietetics · Intermediate · Transfer letter · to Community Dietitian

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

## CRITERION IN FOCUS · ORGANISATION & LAYOUT

---

A bariatric transfer letter has three distinct components: (1) where the patient is now (current diet stage, weight, eating behaviours), (2) what happens next (Stage 4 at 8 weeks, blood tests at 3 months), (3) the concerns requiring monitoring (iron compliance). A letter that mixes these — listing supplementation before diet stage, or placing the iron concern in the middle of the weight section — creates a disorganised handover.

**Write this letter, then get it marked at [oetwritingcorrection.com/oet-writing-services](https://oetwritingcorrection.com/oet-writing-services)**

*oetwritingcorrection.com*