

OET Case Notes

Medicine · Intermediate · Discharge letter · to General Practitioner

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Medicine — Discharge to GP after a Hypoglycaemic Episode

THE CASE NOTES

Patient: Mr Adil Rahman, 52 years old, bus driver

Admission: 2-day admission; found unresponsive at home; blood glucose 1.8 mmol/L on paramedic arrival

Background: T2DM (13 years); on insulin glargine 28 units nocte and metformin 1 g BD; HbA1c 58 mmol/mol at last review

Precipitant: Missed evening meal after an unusually long shift; insulin dose unchanged; first episode of hypoglycaemia

Insulin change: Glargine reduced from 28 to 22 units once nightly; metformin continued unchanged

Safety advice: Driving restriction discussed — DVLA requires 3-month hypoglycaemia-free period before resuming driving; bus company notified by patient

Glucose monitoring: Twice-daily fasting and post-meal glucose monitoring requested; diary provided

Endocrine follow-up: Diabetes specialist nurse counselled regarding meal timing and recognition of hypoglycaemia; endocrinology review in 6 weeks

Task: Write a discharge letter to the patient's GP, Dr Sofia Okonkwo, summarising the admission and the management required in primary care.

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WHAT TO INCLUDE

+ The new insulin dose with the exact units (22 not 28)

The single most important hand-over: the GP must prescribe the new dose. 'Insulin adjusted' without the actual number is a Content failure. Numerical precision in insulin letters is a specific examiner expectation.

+ The driving restriction and the DVLA three-month condition

A patient safety and medicolegal matter the GP must reinforce and document. A bus driver returning to work before the restriction period is a significant safety risk.

+ The precipitant (missed meal, unchanged insulin) and that safety education has been given

Informs the GP that the episode was preventable and counselling has occurred, so they can reinforce — not repeat — the education at the next review.

WHAT TO LEAVE OUT

– The pre-admission HbA1c in detail

Context only — the GP holds this result. A brief mention to frame the background is enough; a detailed glycaemic history is not.

– The occupation beyond the driving restriction

That he is a bus driver is relevant only because of the DVLA restriction. Do not narrate his employment situation.

CRITERION IN FOCUS · CONTENT

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Discharge after hypoglycaemia has two non-negotiable Content items: the new insulin dose (exact units) and the driving restriction with its condition. Omitting either is a Content mark loss. The 2026 marking places particular weight on medication precision — 'dose reduced' is insufficient.

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