

OET Case Notes

Medicine · Beginner · Referral letter · to Neurologist

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Medicine — Referral to Neurology for Migraine

THE CASE NOTES

Patient: Ms Hana Farouk, 29 years old, accountant

Presenting complaint: 12-month history of migraine; now 3–4 attacks per month, each lasting up to a day

Features: Unilateral throbbing headache, nausea, photophobia; preceded by visual aura

Impact: Missing 2–3 work days a month; sleep and concentration affected

Treatment tried: Sumatriptan and regular analgesia; only partial relief; propranolol prophylaxis tried, not tolerated

Examination: Normal neurological examination; BP 118/76; no red-flag features

Medical history: Nil significant; non-smoker

Task: Write a referral letter to Dr Sayed, Neurologist, requesting assessment and advice on further migraine management.

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WHAT TO INCLUDE

+ The migraine pattern: frequency, duration and aura

This is the core clinical picture the neurologist needs; it defines the problem being referred.

+ Treatments already tried and their outcome

Tells the recipient what has failed, so they do not repeat first-line steps. The reason for referral is incomplete control.

+ Normal examination and absence of red flags

Reassures the neurologist this is a management referral, not an emergency, and shapes urgency.

WHAT TO LEAVE OUT

– Occupation beyond its impact

Mention the missed work as functional impact; the job title itself is not decision-relevant.

– Routine normal observations in detail

A single line that examination was normal is enough; listing every value pads the letter.

CRITERION IN FOCUS · PURPOSE

Beginner cases are the place to master Purpose: state who the patient is, the single problem, and exactly what you want from the recipient in the opening. With few distractors, there is no excuse for a buried purpose.

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