

Nursing — Advice Letter on Wound Care after Discharge

THE CASE NOTES

Patient: Mr Daniel Okafor, 48 years old

Procedure: Laparoscopic appendicectomy; 3 small wounds — each closed with dissolvable sutures and covered with small adhesive dressings

Wound status: All wounds clean, dry and intact at discharge

Wound care instructions: Keep wounds dry for 48 hours; shower then (do not soak in a bath); dressings may be removed after 48 hours once dry; no creams or powders on the wounds

What to watch for: Increasing redness, warmth, swelling, discharge, or pain — see GP or come to the emergency department if these develop

Activity: Avoid heavy lifting (over 5 kg) for 2 weeks; light walking encouraged from today; driving to be discussed with GP after 1 week

Follow-up: No routine wound review needed if wounds remain clean; GP if any concern

Pain relief: Paracetamol and ibuprofen as needed; prescribed at discharge

Task: Write an advice letter to Mr Okafor explaining how to care for his wounds at home and what to watch out for.

Task: Write an advice letter to Mr Okafor explaining how to care for his wounds at home and what to watch out for.

WHAT TO INCLUDE

+ Keep wounds dry for 48 hours, then shower — no soaking

The most common patient error is getting wounds wet too soon. A specific time (48 hours) and a clear distinction between showering and soaking is more useful than 'keep dry'.

+ The warning signs of infection: redness, warmth, swelling, discharge, worsening pain

A concrete safety net is the non-negotiable content of any patient advice letter. The examiner expects it.

+ No heavy lifting for 2 weeks

A time-bound activity restriction that the patient needs to understand to protect the wound and prevent complications.

WHAT TO LEAVE OUT

– The surgical technique and the anaesthetic type

The patient needs care instructions, not an operative report. What happened in theatre does not help him manage his wounds at home.

– The pain relief prescription detail

State that pain relief is available if needed; the specific drugs and doses are on the printed prescription. Repeating them in the letter is unnecessary and pads the word count.

CRITERION IN FOCUS · GENRE & STYLE

OET Case Notes

Nursing · Beginner · Advice letter · to Patient / Carer

oetwritingcorrection.com

Patient advice is the genre most frequently failed on register. Clinical language — 'surgical site infection indicators', 'wound exudate' — is wrong for a patient audience and loses Genre & Style marks even when every fact is correct. Plain terms: 'infection warning signs', 'discharge from the wound'. Read each sentence and ask: would a patient understand this without a medical background?

Write this letter, then get it marked at oetwritingcorrection.com/oet-writing-services

oetwritingcorrection.com