

OET Case Notes

Occupational Therapy · Intermediate · Discharge letter · to Aged Care Facility OT

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OET Case Notes: OT Discharge to Aged Care Facility (Intermediate)

THE CASE NOTES

Patient: Mr Kenneth Lowe, 74 years old

Diagnosis: Right total hip replacement (posterior approach) — Day 7 post-op

Discharge destination: Rosewood Gardens Residential Aged Care; home deemed unsuitable

Functional status: Requires assistance with lower limb dressing and showering; independent upper body; transfers with standby assistance using a gutter frame

Cognitive status: Mild cognitive impairment (MMSE 22/30); follows two-step instructions reliably

Hip precautions: Posterior hip precautions for 12 weeks — no flexion >90°, no internal rotation or adduction

Equipment issued: Raised toilet seat (10 cm), long-handled shoe horn and sock aid, gutter frame

ADL goals: Progress toward independent showering and dressing within 6 weeks if no complications

Next of kin: Daughter aware of placement and OT plan

Task: Write a discharge letter to the receiving occupational therapist at Rosewood Gardens Aged Care, summarising Mr Lowe's functional status, equipment, hip precautions, and your recommendations for ongoing OT support.

WHAT TO INCLUDE

+ Hip precautions and their 12-week duration

This is a safety-critical handover item. If the receiving OT is not informed, the precautions cannot be enforced and the patient risks dislocation.

+ Functional status at ADL level — what he can and cannot do independently

The receiving OT needs a functional baseline to set goals. Diagnosis alone is not enough; function at discharge drives the care plan.

+ Equipment issued and the specific items

Avoiding duplication and ensuring compatibility with the new environment depends on the receiving team knowing exactly what equipment is in place.

WHAT TO LEAVE OUT

– The surgical approach in detail

The precautions matter to the receiving OT, not the operative technique. Mention the approach as context; explaining it is not your role and wastes words.

– MMSE scoring methodology

State the score and the practical implication (two-step instructions reliably followed). The receiving team does not need a dementia lesson.

CRITERION IN FOCUS · CONTENT

Content marks are won by selecting the right clinical details for the recipient, not by including everything. A receiving OT needs function, precautions, and equipment. They do not need the anaesthetic type, the ward number, or the full medication list. Ask: 'would this OT act differently if this line were missing?' If no, cut it.

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