

OET Case Notes

Pharmacy · Beginner · Referral letter · to General Practitioner

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Pharmacy — Referral to GP after a High Blood Pressure Reading

THE CASE NOTES

Patient: Mr Derek Molina, 52 years old, regular prescription customer

Reason for referral: BP checked opportunistically in pharmacy during prescription collection — two readings taken 10 minutes apart: 172/106 and 168/102

Current medications: Collected prescription for amlodipine 5 mg OD (started 3 months ago by GP for borderline hypertension); ramipril not yet prescribed

Symptoms: Denies headache, visual disturbance, chest pain or shortness of breath — no acute hypertensive symptoms

Lifestyle: Smoker (10 cigarettes/day); sedentary work; admits to not always taking amlodipine 'every day'

Family history: Father — stroke aged 58; brother — on antihypertensive medication

Other medications: Omeprazole PRN for heartburn; ibuprofen PRN for back pain (self-purchased)

Task: Write a referral letter to the GP, Dr Mark Henley, informing him of the blood pressure readings and requesting a review of Mr Molina's antihypertensive management.

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WHAT TO INCLUDE

- + **Both BP readings with the time gap between them**
Two readings on the same visit, 10 minutes apart, both above threshold is the objective finding that justifies the referral. One reading might be situational; two reduces that possibility.
- + **That he reports not always taking the amlodipine daily**
Adherence is the single most likely explanation for poorly controlled BP on treatment — and a decision-relevant finding the GP needs to know before changing the prescription.
- + **The ibuprofen self-purchase**
NSAIDs raise blood pressure and blunt antihypertensive effect. The GP may not know the patient is taking ibuprofen regularly; this is an actionable pharmacist finding.

WHAT TO LEAVE OUT

- **The family history detail beyond a brief mention**
Relevant as a risk factor but the GP holds the family history. One brief sentence is enough; a narrative of the father's stroke is not.
- **Omeprazole**
No bearing on the blood pressure issue. Including it pads the letter without adding clinical value for this referral.

CRITERION IN FOCUS · PURPOSE

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A pharmacist referral to a GP earns Purpose marks when the recipient knows, in the first sentence, what the pharmacist found and what they are asking the GP to do. 'I am writing to inform you of an elevated blood pressure reading identified during a pharmacy visit and to request a review of Mr Molina's antihypertensive management' is complete. A referral that describes the readings before stating the purpose is disorganised and loses marks.

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

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