

14 Thomas Gallagher

Occupational English Test

Instructions:

- You have 45 minutes to write this letter.
- During the first 5 minutes, you should not pick the pencil.
- Start writing only when you are told.
- During the Reading Time, try to understand the case notes.

Read the case notes below and complete the writing task which follows.

Notes:

Today's date: 5 Aug 2025

- Patient Name: Mr. Thomas Gallagher
- **DOB: 11 Nov 1984**

Medical history:

- 2020: Dx → mild depression, managed CBT.
- 2022: Relapse → started sertraline 50 mg OD
- 2023: Lost job → ↑ symptoms, ↓ motivation.
- **15 Jul 2025:** Presented low mood, insomnia, ↓ appetite.
- 18 Jul 2025: PHQ-9 score = 17 → moderate MDD
- 20 Jul 2025: ↑ sertraline → 100 mg OD
- 25 Jul 2025: Referred psychologist → **6 sessions booked.**
- **4 Aug 2025:** Expressed suicidal thoughts (no plan).

Provisional Dx:

- Moderate major depressive disorder.
- No psychosis or bipolar features.

Symptoms reported:

- Persistent sadness
- Fatigue
- Difficulty concentrating
- Insomnia
- ↓ appetite
- Feelings worthlessness
- Passive suicidal ideation.

Observations:

- **Flat affect**
- Tearful during consult
- Poor eye contact
- No self-harm scars
- Oriented, cooperative
- BMI 22.1

Meds:

- Sertraline 100 mg OD
- Melatonin 3 mg nocte
- PRN paracetamol (headaches)

Allergies:

- **NKDA**

Investigations:

- PHQ-9 = 17
- GAD-7 = 11
- Thyroid function → normal
- HbA1c → 5.4%
- Vit D → borderline low (42 nmol/L)

Social background:

- Lives alone at 8/22 Barkly St, St Kilda VIC 3182
- Unemployed (laid off 2023)
- No partner, limited social contact
- Parents interstate
- Financial stress → Centrelink support
- No smoking/alcohol
- No pets
- GP primary contact

Psychosocial:

- Feels isolated
- Avoids social situations
- Concerned → future, finances
- Willing engage therapy
- No hx substance abuse

Nutrition:

- Skips meals
- ↓ interest food
- Dietitian referral pending

Discharge plan:

- Refer → Monash Mental Health Outreach
- Weekly psychologist sessions
- Monitor mood + med response
- Dietitian input
- GP review fortnightly
- Crisis plan → after-hours contact

Requests:

- Monitor mood, suicidal ideation.
- Support → therapy engagement.
- Liaise GP → med adjustment.
- Provide social work input.
- Arrange dietitian consult.
- Educate patient → coping strategies.

Writing Task:

Using information in case notes, write a letter to Ms. Hannah Boyd, mental health nurse, Monash Health, referring to Mr. Gallagher for community-based psychological support and monitoring.

In your answer:

- Expand the relevant notes into complete sentences
- Do not use note form
- Use letter format

The body of the letter should be approximately 180-200 words.

Case Notes 10 - Chuck Hooper

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Notes:

Imagine that today is 4th August, 2024. Mr Chuck Hooper is recovering after a time of paralysis and you are his nurse assisting him at home from Sphinx Rehabilitation Centre, Sydney.

Patient Details:

- Name: Chuck Hooper.
- Age: 37 years.
- Height: 6 ft; Weight: 82 kg
- Admission: January 25, 2024
- Discharged: Feb 28, 2024

Social

- Wife: Marcy Hooper, 32 years.
- Children: No.
- University football player
- Zonal Sales manager (chemical company)

January 15, 2024

- Car collision (while returning from a pet shop with their new dog – Doberman pinscher, "Duke")
- Subdural hemorrhage (motor section of the brain).
- Complete L paralysis. Speech fully impaired. Double vision.
- In critical list for a month. Company allows 1 year off.
- Duke taken care of by a neighbor.
- Chuck under his GP Dr Ivan Hughes' care.
- Mr. Alva Spence (physiotherapist) joins the team.

February 28, 2024

- Discharged from hospital to continue treatment at home.
- In wheelchair. Initiated Physiotherapy with bath + exercise + wheeled walker.
- Nil progress.

March, 01, 2024

- Emotionally low. (Marcy was found crying).
- Left alone at home. Duke still in the neighbor's kennel.

March 15

- Duke brought home.
- Chuck fell badly (Reports Marcy: "He wanted to be standing up to show Duke that he was alright.")

April 03 - 13

- Deteriorating health.
- Nil progress. Socially and emotionally at the lowest.
- Holding to Duke's belt and trying to talk to the dog.
- His GP Dr Ivan Hughes visits Chuck at home.
- April 09: Progress: 4 steps.

- April 11: Progress: 12 steps but fell badly.
- April 13: Progress: Walked ten metres.

July 30

- Physiotherapy with weights, pulleys and whirlpool baths (Mr Alva Spence).
- Started receiving assistance from Sphinx Rehabilitation Centre (Ms Emma Nova).

August 4

- Chuck walked 200 to the local branch office of his company.
- Worked for 2 hours.
- Is determined to join the company full time from October.

Plan

- Discussed Chuck's progress with his GP at the hospital.
- GP thinks that Duke has been pivotal to Chuck's progress.
- Considers involving animal assisted therapy for further treatment.
- Contact an animal assisted therapist.
- Review after 1 month of AAT.

Writing Task

You are Ms Emma Noa, Chuck Hooper's nurse at his home. Write a letter to Mr Kevin Sharma, Animal-assisted Therapy (AAT) Centre, Golden Circle, Sydney, requesting his involvement in the care of Chuck with the assistance of Duke. Include the medical and social background of the case.

In your answer:

- Expand the relevant notes into complete sentences.
- Do not use note form.
- Use letter format.