New coeliac disease: advice

Original independent practice. All patient details, appointments and individual care arrangements are fictional. Assume that today's date is 3 November 2026. Jacob's diagnosis has been confirmed and his mother requests written advice. You are Jacob Hallanan's general practitioner. Write to his mother, Ms Tammy Moher, 16 Station Road, AB10 1AA, explaining ongoing gluten avoidance, dietitian support and the agreed school arrangements. Use plain language and distinguish coeliac care from treatment for a food allergy. 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.

Choose one box per line: I = Include / C = Compress / O = Omit. Answers and reasons are on the webpage (scan QR).

	I	C	O
Patient details			
1. Child: Jacob Hallanan	☐	☐	☐
2. DOB: 15/03/2017 (9 yrs)	☐	☐	☐
3. Mother: Ms Tammy Moher; primary carer	☐	☐	☐
4. Home: 16 Station Road, AB10 1AA	☐	☐	☐
Social and medical background			
5. Lives with mother and younger sibling; primary-school pupil	☐	☐	☐
6. Mother prepares meals; child usually eats school lunches	☐	☐	☐
7. Enjoys swimming; school swimming certificate received recently	☐	☐	☐
8. Previous childhood ear infections; no ongoing hearing concerns	☐	☐	☐
Investigations and diagnosis			
9. 08/09/26: intermittent loose stools, bloating and tiredness for 3/12	☐	☐	☐
10. No blood in stools; appetite maintained	☐	☐	☐
11. Initial blood tests suggested coeliac disease	☐	☐	☐
12. Gluten continued during diagnostic investigations	☐	☐	☐
13. Mother initially blamed school lunches; no supporting evidence	☐	☐	☐
14. 29/10: paediatric gastroenterology review; biopsy-confirmed coeliac disease	☐	☐	☐
15. Confirmed diagnosis explained; gluten-free diet started that day	☐	☐	☐
16. No diagnosed food allergy or previous immediate food reactions	☐	☐	☐
Current review and dietary plan			
17. 03/11: stools improving; mother requests practical written advice	☐	☐	☐
18. Mother worries healthy foods will become too expensive	☐	☐	☐
19. Plan: lifelong gluten avoidance, including wheat, barley and rye	☐	☐	☐
20. Check labels; balanced alternatives include rice, potatoes, gluten-free bread	☐	☐	☐
21. Prevent gluten mixing: clean utensils and preparation surfaces	☐	☐	☐
22. No dairy exclusion advised; discuss oats with dietitian	☐	☐	☐
23. Dietitian appointment 09/11: labels, meal planning and balanced nutrition	☐	☐	☐
School arrangements and follow-up			
24. Mother to meet teacher/catering staff: gluten-free lunches, preparation and celebration snacks	☐	☐	☐
25. GP explained: coeliac disease alone requires no adrenaline autoinjector	☐	☐	☐
26. School informed with mother's agreement; catering arrangements not yet confirmed	☐	☐	☐
27. Mother agreed to supply packed lunches until arrangements confirmed	☐	☐	☐
28. Mother complained about clinic parking charges	☐	☐	☐
29. Review 10/12: symptoms and growth; earlier contact if persistent diarrhoea/weight loss	☐	☐	☐
30. No current regular medicines; mother wants simple written instructions	☐	☐	☐

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