Vestibular neuritis recovery: advice

Assume that today's date is 5 November 2026. Mr Kotecha has returned home following today's vestibular assessment. Allow 5 minutes for reading and 40 minutes for writing. This is an original independent practice task. You are the doctor who reviewed Mr Dipesh Kotecha today. With his consent, write a letter to his partner, Ms Paige Lahiffe, explaining the documented home-support and review plan, including when further assessment is needed. Address the letter to Ms Paige Lahiffe, Flat 2, 14 Cedar Road, SW1V 2AB, United Kingdom. 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. Patient: Mr Dipesh Kotecha	☐	☐	☐
2. DOB: 14/03/1982 (44 yrs)	☐	☐	☐
3. Address: Flat 2, 14 Cedar Road, SW1V 2AB, United Kingdom	☐	☐	☐
4. Consents to written advice for partner, Ms Paige Lahiffe	☐	☐	☐
Social background			
5. Lives with partner; normally independent	☐	☐	☐
6. Partner working from home this week; available for walks	☐	☐	☐
7. Less confident outdoors since illness; worried about falling	☐	☐	☐
8. Enjoys collecting vintage postcards	☐	☐	☐
9. Partner complained receptionist was unfriendly	☐	☐	☐
Medical history			
10. Remote ankle sprain; fully recovered	☐	☐	☐
11. No regular medicines before current illness	☐	☐	☐
12. No known drug allergies	☐	☐	☐
Assessment and progress			
13. 31/10: sudden continuous spinning, nausea/vomiting following a cold	☐	☐	☐
14. 01/11: hospital assessment; no focal neurological deficit documented	☐	☐	☐
15. Diagnosis: vestibular neuritis; no hearing loss or tinnitus	☐	☐	☐
16. 05/11: vomiting resolved; eating/drinking normally	☐	☐	☐
Assessment and progress			
17. Residual dizziness with head movement; improving daily	☐	☐	☐
18. Walking independently indoors; requests company outside	☐	☐	☐
19. Prescribed three-day anti-sickness course completed 03/11	☐	☐	☐
20. Today's plan: no restarting/extending anti-sickness tablets without medical review	☐	☐	☐
21. Partner asks whether future dizziness always means same illness	☐	☐	☐
Documented home-support and review plan			
22. Short accompanied outdoor walks; gradually increase activity as tolerated	☐	☐	☐
23. Rest in dark room if very dizzy; fluids, sufficient sleep	☐	☐	☐
24. No vestibular exercise programme prescribed today	☐	☐	☐
25. While dizzy: no driving/cycling/tools/machinery; avoid alcohol	☐	☐	☐
26. Explained: balance recovery commonly takes weeks; sometimes longer	☐	☐	☐
27. New/different dizziness → assessment; do not assume recurrent neuritis	☐	☐	☐
28. GP review booked 12/11; partner invited; worsening → contact GP sooner	☐	☐	☐
29. Sudden hearing loss → urgent GP assessment; not typical of neuritis	☐	☐	☐
30. Persistent imbalance: consider supervised vestibular rehabilitation at review	☐	☐	☐

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