Carpal tunnel syndrome affecting work: referral

Assume that today's date is 5 November 2026. Ms Bernhard has attended your general practice for review. This is an original independent practice task. Allow 45 minutes: 5 minutes for reading and 40 minutes for writing. You are Ms Bernhard's general practitioner. Using the case notes, write a referral to Dr Camilo Schulist, Occupational Physician, Workplace Health Service, 24 Station Road, NSW 2000, Australia. Request assessment of her specific work tasks and recommendations for suitable adjustments, observing the limits of her consent. 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. Name: Ms Mistie Bernhard	☐	☐	☐
2. DOB: 12/08/1982; 44 yrs	☐	☐	☐
3. Right-handed	☐	☐	☐
Social and occupational background			
4. Electrical-component assembler, same employer 8 yrs	☐	☐	☐
5. Full-time; weekday shifts	☐	☐	☐
6. Hand-crimping tool: repeated wrist bending + forceful gripping	☐	☐	☐
7. Other task: handheld barcode scanning of stock	☐	☐	☐
8. No recent change in duties; workplace causation not established	☐	☐	☐
9. Wants to remain working with suitable adjustments	☐	☐	☐
10. Enjoys cinema visits	☐	☐	☐
Medical history			
11. Appendicectomy aged 17; uncomplicated	☐	☐	☐
12. Confidential history: termination of pregnancy 2015; unrelated to referral	☐	☐	☐
13. Private dispute with sister over inheritance; requests confidentiality	☐	☐	☐
14. Regular medication: nil	☐	☐	☐
15. No known diabetes, thyroid disease or previous wrist injury	☐	☐	☐
Assessment and progress			
16. 08/10/26: first consultation; symptoms for 2/12	☐	☐	☐
17. Intermittent tingling R thumb, index and middle fingers	☐	☐	☐
18. Worse nocte and during crimping; persists today	☐	☐	☐
19. Numbness interrupts assembly; dropped components twice, no injury	☐	☐	☐
20. No constant numbness, neck pain or L-hand symptoms	☐	☐	☐
21. Today: thumb strength preserved; no thenar wasting	☐	☐	☐
22. No nerve conduction studies performed	☐	☐	☐
23. Clinical diagnosis: R carpal tunnel syndrome	☐	☐	☐
24. Neutral wrist splint nocte since 08/10; used consistently	☐	☐	☐
25. Night symptoms ↓; work symptoms remain troublesome	☐	☐	☐
Plan and consent			
26. GP advice: temporarily avoid forceful gripping/repetitive wrist bending pending assessment	☐	☐	☐
27. GP review 19/11; earlier if numbness worsens or weakness develops	☐	☐	☐
28. Consents to referral and relevant hand/work information reaching occupational physician	☐	☐	☐
29. Request crimping/scanning assessment; advise temporary duties, equipment adjustments, breaks	☐	☐	☐
30. Employer report: discuss with patient; obtain separate consent before sending	☐	☐	☐

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