



## OSCE Checklist: Suicide Risk Assessment

<b>Initiating the consultation</b>		
1	Introduce yourself to the patient including your name and role	
2	Confirm the patient's name and date of birth	
3	Clarify the purpose of the consultation	
<b>The current episode of self-harm</b>		
4	Was there a precipitant?	
5	Was the self-harm planned, or impulsive?	
6	Did the patient carry out any final acts?	
7	Were any precautions taken against discovery?	
8	Was alcohol used?	
9	What method of self-harm was involved?	
10	Was the patient alone?	
11	Where were they when they self-harmed?	
12	What was going through their mind at the time?	
13	Did they think their self-harm would end their life?	
14	What did they do straight after the self-harm?	
15	Did the patient call anyone? How did they get to A&E? Who were they found by?	
16	How did they feel when help arrived?	
17	How does the patient feel about the attempt now? Do they regret it?	
18	What is the patient's current mood?	
19	Does the patient still feel suicidal?	
20	If the patient were to go home today, what would they do?	
21	If the patient were to feel like this again, what might they do differently?	
22	What does the patient think might prevent them from doing this again in the future?	
23	Does the patient feel there is anything to live for?	
24	Will the patient accept treatment?	
<b>Specific questions to ask about overdose</b>		
25	What medication or medications did the patient take?	
26	Where did the patient get the medication from?	
27	How much of the medication did the patient take?	

28	What did the patient take the medication with?	
29	What did the patient think that amount of medication would do?	
30	What made the patient decide to take the medication/how long had they been thinking about taking an overdose for?	
31	What did the patient do after taking the medication?	
32	How did the patient get to the hospital?	
<b>Specific questions to ask about cutting</b>		
33	Where are the cuts?	
34	How many cuts are there?	
35	How deep are the cuts?	
36	How did the patient feel whilst they were cutting?	
37	How did the patient feel when they saw blood?	
38	What was the patient hoping the cutting would do?	
<b>Screen for other mental health disorders</b>		
39	Depression: anhedonia, low mood, fatigue	
40	Psychosis: thought insertion, auditory hallucinations	
41	Anorexia: eating habits, weight loss, appetite	
<b>Previous episodes of self-harm</b>		
42	Has the patient ever carried out self-harm in the past?	
43	What methods of self-harm were involved?	
44	Did they get any help from their support network or other agencies as a result of their self-harm?	
<b>Past psychiatry history</b>		
45	Does the patient have any psychiatric diagnoses?	
46	Has the patient has any previous admissions to a psychiatric hospital?	
<b>Past medical history</b>		
47	Does the patient have any medical conditions?	
<b>Drug history</b>		
48	What prescribed and over the counter medications does the patient currently take?	
<b>Family history</b>		
49	Have any of the patient's family members ever attempted or completed suicide?	
50	Are there any psychiatric conditions present in close family members?	
<b>Social history</b>		
51	Who does the patient live with and where do they live?	

52	Does the patient have a good support network?	
53	Is the patient able to manage all their activities of daily living independently?	
54	What job does the patient have? Are they coping financially?	
55	Does the patient drink alcohol? If so, how much alcohol do they drink and how frequently do they drink?	
56	Does the patient use recreational drugs? If so, what drugs does the patient use and how often do they use them?	
<b>Closing the consultation</b>		
57	Thank the patient for taking the time to speak with you.	
58	Explain the need to discuss their case with a senior colleague.	
59	Summarise your findings	
<b>Key communication skills</b>		
60	Active listening	
61	Summarising	
62	Signposting	

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