



# OSCE Checklist: Obstetric Abdominal Examination

Introduction	
1	Wash your hands and don PPE if appropriate
2	Introduce yourself to the patient including your name and role
3	Confirm the patient's name and date of birth
4	Briefly explain what the examination will involve using patient-friendly language
5	Gain consent to proceed with the examination
6	Position the patient on the clinical examination couch with the head of the bed at a 30-45° angle for the initial assessment
7	Adequately expose the patient's abdomen for the examination from the pubic symphysis to the xiphisternum (offer a blanket to allow exposure only when required)
8	Provide the patient with the opportunity to pass urine before the examination
9	Ask the patient if they have any pain before proceeding with the clinical examination
10	Gather equipment
General inspection	
11	Inspect the patient whilst at rest, looking for clinical signs suggestive of underlying pathology
Hands	
12	Inspect the hands for relevant clinical signs (e.g. oedema)
13	Assess and compare the temperature of the hands
14	Assess capillary refill time (CRT)
15	Assess the radial pulse
Face	
16	Inspect the patient's face for relevant clinical signs (e.g. oedema, jaundice, conjunctival pallor)
Abdominal inspection	
17	Position the patient appropriately for abdominal inspection
18	Inspect the abdomen closely (scars, linea nigra, striae)
Abdominal palpation	
19	Briefly palpate the nine regions of the abdomen for tenderness or masses
20	Palpate the borders of the uterus
21	Determine fetal lie
22	Assess fetal presentation
23	Assess fetal engagement
24	Measure symphyseal-fundal height

## Fetal heartbeat

**25** Listen to the fetal heartbeat using a Pinard stethoscope or doppler ultrasound

## To complete the examination...

**26** Explain to the patient that the examination is now finished

**27** Thank the patient for their time

**28** Dispose of PPE appropriately and wash your hands

**29** Summarise your findings

**30** Suggest further assessments and investigations (e.g. blood pressure, urinalysis, speculum, ultrasound scan)

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