



# OSCE Checklist: Thyroid Status 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	Ask the patient to sit on a chair for the assessment	
7	Adequately expose the patient's neck and upper sternum	
8	Ask if the patient has any pain before proceeding	
9	Gather equipment	
General inspection		
10	Inspect the patient whilst at rest, looking for clinical signs suggestive of underlying pathology	
Hands		
11	Palpate the patient's radial pulse assessing rate and rhythm	
Face		
12	Inspect the patient's face for clinical signs suggestive of thyroid pathology (dry skin, excessive sweating, eyebrow loss).	
13	Inspect the patient's eyes for evidence of lid retraction, inflammation and exophthalmos	
14	Assess for eye movement abnormalities	
15	Assess for lid lag	
Thyroid inspection		
16	Inspect the midline of the neck for evidence of thyroid enlargement, lumps or scars	
17	Ask the patient to swallow some water and repeat inspection	
18	Ask the patient to protrude their tongue and repeat inspection	
Thyroid palpation		
19	Palpate the patient's thyroid gland assessing size, symmetry and consistency. Also note any masses present in the thyroid tissue.	
20	Ask the patient to swallow some water whilst you feel for symmetrical elevation of the thyroid lobes	
21	Ask the patient to protrude their tongue whilst you palpate	
Lymph node palpation		
22	Palpate local lymph nodes to assess for lymphadenopathy	
Trachea		

<b>23</b>	Inspect for tracheal deviation	
<b>Percussion of the sternum</b>		
<b>24</b>	Percuss downwards from the sternal notch for evidence of retrosternal dullness	
<b>Auscultation of the thyroid gland</b>		
<b>25</b>	Auscultate each lobe of the thyroid for a bruit	
<b>Special tests</b>		
<b>26</b>	Assess biceps reflex	
<b>27</b>	Inspect for pretibial myxoedema	
<b>28</b>	Ask the patient to stand with their arms crossed to assess for proximal myopathy	
<b>To complete the examination...</b>		
<b>29</b>	Explain to the patient that the examination is now finished	
<b>30</b>	Thank the patient for their time	
<b>31</b>	Dispose of PPE appropriately and wash your hands	
<b>32</b>	Summarise your findings	
<b>33</b>	Suggest further assessments and investigations (e.g. thyroid function tests, ECG, ultrasound scan)	

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