## 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
23 Inspect for tracheal deviation

Percussion of the sternum

24 Percuss downwards from the sternal notch for evidence of retrosternal dullness

Auscultation of the thyroid gland

25 Auscultate each lobe of the thyroid for a bruit

Special tests

26 Assess biceps reflex

27 Inspect for pretibial myxoedema

28 Ask the patient to stand with their arms crossed to assess for proximal myopathy

To complete the examination...

29 Explain to the patient that the examination is now finished

30 Thank the patient for their time

31 Dispose of PPE appropriately and wash your hands

32 Summarise your findings

33 Suggest further assessments and investigations (e.g. thyroid function tests, ECG, ultrasound scan)