



OSCE Checklist: HRT Counselling

Opening the consultation	
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	Explain the reason for the consultation
Ideas, concerns and expectations	
5	Explore what the patient currently understands about HRT
6	Ask if the patient has any concerns about HRT
7	Explore what the patient is hoping to get out of the consultation and from HRT therapy
HRT explanation	
8	Explain what HRT is
9	Explain how HRT is taken
10	Explain how HRT works
11	Explain who can take HRT
12	Explain the different HRT regimes available
Advantages of HRT	
13	Reduction in vasomotor symptoms
14	Improved mood
15	Improvement of urogenital symptoms
16	Reduces the risk of developing osteoporosis
17	Cardiovascular protection
Disadvantages of HRT	
18	Oestrogen side effects (breast tenderness, leg cramps, bloating, nausea, headaches)
19	Progestogen side effects (premenstrual syndrome-like symptoms, breast tenderness, backache, depression, pelvic pain)
20	Breakthrough bleeding
Risks of HRT	
21	Venous thromboembolism
22	Ischaemic stroke
23	Breast cancer
24	Endometrial cancer

Contraindications to taking HRT	
25	Check for relevant contraindications (see guide)
Closing the consultation	
26	Summarise the key points back to the patient
27	Ask the patient if they have any questions or concerns that have not been addressed
28	It may also be useful to direct the patient to any websites or leaflets with further information
29	Arrange appropriate follow-up
30	Thank the patient for their time
31	Dispose of PPE appropriately and wash your hands
Key communication skills	
32	Active listening
33	Summarising
34	Signposting

Read the full guide at
[geekymedics.com](https://www.geekymedics.com)



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