



OSCE Checklist: Lithium 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	Clarify the purpose of the consultation	
5	Assess the patient's ideas, concerns and expectations	
Patient history		
6	Ask about relevant past medical and psychiatric conditions	
7	Ask about current medications including prescribed and over the counter drugs	
Lithium explanation		
8	Explain what lithium is and how it works	
9	Explain how to take lithium	
10	Explain what to do if a dose is missed	
11	Explain the importance of travelling with their lithium record book	
12	Explain the frequency of lithium level monitoring	
13	Explain other blood tests which need to be monitored including their frequency	
14	Explain the common transient side effects of lithium therapy	
15	Explain the features of lithium toxicity & the importance of seeking urgent medical review	
Pregnancy		
16	Explain the risks of lithium in the context of pregnancy	
17	Explain the importance of an effective method of contraception whilst taking lithium therapy	
18	Advise the patient to speak with their psychiatrist if they begin to consider starting a family so a robust plan can be put in place prior to pregnancy	
Closing the consultation		
19	Summarise the key points	
20	Provide leaflet or advice on where to find more information	
21	Thank the patient for their time	
22	Dispose of PPE appropriately and wash your hands	
Key communication skills		
23	Active listening	
24	Summarising	
25	Signposting	

