



OSCE Checklist: Iron Supplementation 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 iron
6	Ask if the patient has any concerns about iron
7	Explore what the patient is hoping to get out of the consultation
The role of iron in the body	
8	Transport of oxygen to tissues (e.g. organs and muscles)
9	Immune response
Symptoms of iron-deficiency anaemia	
10	Fatigue/weakness
11	Shortness of breath
12	Palpitations/dizziness
13	Headache
14	Pallor
Causes of iron-deficiency	
15	Blood loss
16	Lack of iron in the diet
17	Malabsorption
18	Increased iron demand
When and how to take iron supplements	
19	Explain when to take iron supplements (ideally one hour before eating)
20	Explain the relevant iron supplementation regimen (e.g. prophylactic, treatment-dose)
Side effects of oral iron	
21	Nausea
22	Constipation and/or diarrhoea
23	Dark stools
24	Explain side effects generally reduce with time, but that the patient should seek review if they persist

Dietary advice	
25	Explain which foods are naturally rich in iron (e.g. red meat, leafy vegetables, dried fruit, nuts)
26	Explain the importance of maintaining adequate vitamin C intake
Closing the consultation	
27	Summarise the key points back to the patient
28	Ask the patient if they have any questions or concerns that have not been addressed
29	Thank the patient for their time
30	Dispose of PPE appropriately and wash your hands
Key communication skills	
31	Active listening
32	Summarising
33	Signposting

Read the full guide at
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