



OSCE Checklist: Levothyroxine 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	
5	Assess the patient's ideas, concerns and expectations	
Patient history		
6	Ask about the symptoms of hypothyroidism (e.g. weight gain, constipation, dry skin)	
7	Ask about current medications including prescribed and over the counter drugs	
Levothyroxine explanation		
8	Explain hypothyroidism	
9	Explain what levothyroxine is and how it works	
10	Explain how to take levothyroxine	
11	Explain how thyroid function is monitored	
Side effects		
12	Explain the side effects of excessive levothyroxine	
13	Explain the side effects of inadequate levothyroxine	
Closing the consultation		
14	Summarise the key points and check the patient's understanding	
15	Provide leaflet or advice on where to find more information	
16	Thank the patient for their time	
17	Dispose of PPE appropriately and wash your hands	
Key communication skills		
18	Active listening	
19	Summarising	
20	Signposting	