



OSCE Checklist: Statin 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	Take a brief history to assess the patient's cardiovascular risk factors (e.g. level of physical activity, diet, smoking, alcohol, past medical history), as this can aid in personalising the explanation	
7	Ask about current medications including prescribed and over the counter drugs	
Statin explanation		
8	Explain what statins are and how they work	
9	Explain how statins are taken	
10	Explain how the patient will be monitored after being started on statin therapy	
Side effects		
11	Explain the potential side effects of statins (e.g. nausea, constipation, diarrhoea, flatulence, headache, myalgia)	
12	Explain potential interactants with statins (e.g. grapefruit juice, antibiotics)	
Lifestyle advice		
13	Provide some lifestyle advice that the patient can use to reduce their risk of cardiovascular events (e.g. regular physical activity, healthier food choices, smoking cessation, reducing alcohol intake)	
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	