



OSCE Checklist: Eating Disorder History Taking

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 that you'd like to take a history from the patient
5	Gain consent to proceed with history taking
Presenting complaint	
6	Use open questioning to explore the patient's presenting complaint
History of presenting complaint	
7	Ask the patient about their weight history
8	Ask the patient about their eating behaviours and explore beliefs around eating
9	Ask the patient about adaptive behaviours (e.g. exercise, purging, binge eating)
10	Ask the patient about physical symptoms (including 'red flag' features)
11	Explore mood and psychological symptoms, including a suicide risk assessment (if required)
12	Explore the patient's ideas, concerns and expectations
13	Summarise the patient's presenting complaint
Systemic enquiry	
14	Screen for relevant symptoms in other body systems (e.g. gastrointestinal symptoms)
Past medical history	
15	Ask if the patient has any medical conditions or previous contact with eating disorder services
16	Ask if the patient has any allergies and if so, clarify what kind of reaction they had to the substance
Drug history	
17	Ask if the patient is currently taking any prescribed medications or over-the-counter remedies (e.g. laxatives, weight loss pills or diuretics)
18	Ask the patient if they're currently experiencing any side effects from their medication
Family history	
19	Ask the patient if there is any family history of psychiatric disease in first-degree relatives
Social history	
20	Explore the patient's general social context
21	Assess the impact of patient's eating habits on their relationships and school/work
22	Take a smoking history

23	Take an alcohol history	
24	Ask about recreational drug use	
Closing the consultation		
25	Ask the patient if they have any questions or concerns that have not been addressed	
26	Thank the patient for their time	
27	Dispose of PPE appropriately and wash your hands.	
Key communication skills		
28	Active listening	
29	Summarising	
30	Signposting	

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



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