



OSCE Checklist: Metformin 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 history of current condition (usually type 2 diabetes) requiring treatment with metformin (including symptoms and current/past treatments)	
7	Ask about contraindications and cautions for metformin (e.g. acute illness, renal impairment, use of nephrotoxic drugs)	
8	Ask about allergies and current medications (including prescribed and over the counter drugs)	
Metformin explanation		
9	Explain what metformin is and how it works	
10	Explain how to take metformin	
11	Explain what to do if a dose is missed	
12	Explain the monitoring required for metformin (renal function)	
13	Explain the common side effects of metformin (gastrointestinal side effects)	
14	Explain the rare but serious side effects of metformin (e.g. vitamin B12 deficiency, lactic acidosis)	
Lifestyle advice & follow up		
15	If applicable, give general lifestyle advice for type 2 diabetes including diet, exercise, alcohol and smoking cessation	
16	Explain the ongoing follow-up for patients with type 2 diabetes	
Closing the consultation		
17	Summarise the key points	
18	Provide leaflet or advice on where to find more information	
19	Thank the patient for their time	
20	Dispose of PPE appropriately and wash your hands	
Key communication skills		
21	Active listening	
22	Summarising	
23	Signposting	