



OSCE Checklist: Cushing's Syndrome Examination

Introduction	
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	Briefly explain what the examination will involve using patient-friendly language
5	Gain consent to proceed with the examination
6	Adjust the head of the bed to a 45° angle
7	Adequately expose the patient
8	Ask if the patient has any pain before proceeding
General inspection	
9	Perform a brief general inspection of the patient, looking for clinical signs suggestive of Cushing's syndrome (e.g. facial plethora, dorsocervical fat pad)
10	Look for objects or equipment on or around the patient (e.g. mobility aids)
Hands	
11	Inspect the hands for signs suggestive of Cushing's syndrome (e.g. skin thinning), Cushing's disease (hyperpigmentation) or other underlying diseases (e.g. fingerprick marks in diabetes)
Arms	
12	Inspect the arms for bruising or skin thinning
13	Palpate the patient's radial pulse and offer to record the blood pressure
Face	
14	Inspect the face for features associated with Cushing's syndrome (moon facies, facial acne, hirsutism) or other diseases (e.g. butterfly rash in SLE)
15	Inspect inside the mouth for oral thrush or hyperpigmentation
16	Assess visual fields by confrontation looking for bitemporal hemianopia (pituitary adenoma causing Cushing's disease)
Chest and back	
17	Inspect the chest and back for features associated with Cushing's syndrome (dorsocervical/supraclavicular fat pads, kyphosis, gynaecomastia)
Abdomen	
18	Inspect the abdomen for central obesity or striae
Legs	
19	Inspect the legs for skin thinning, bruising or peripheral oedema
20	Ask the patient to stand from a sitting position with their arms crossed to assess for proximal muscle weakness

To complete the examination...

21	Explain to the patient that the examination is now finished	
22	Thank the patient for their time	
23	Dispose of PPE appropriately and wash your hands	
24	Summarise your findings	
25	Suggest further assessments and investigations (e.g. cardiovascular examination, CBG & HbA1c, U&E, salivary cortisol, urinary cortisol, dexamethasone suppression test, MRI pituitary)	

Read the full guide at
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