



OSCE Checklist: Obstetric Abdominal 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 & offer a chaperone	
6	Position the patient on the clinical examination couch with the head of the bed at a 30-45° angle for the initial assessment	
7	Provide the patient with the opportunity to pass urine before the examination	
8	Adequately expose the patient's abdomen for the examination from the pubic symphysis to the xiphisternum (offer a blanket to allow exposure only when required)	
9	Ask the patient if they have any pain before proceeding with the clinical examination	
10	Gather equipment	
General inspection		
11	Inspect the patient whilst at rest, looking for clinical signs suggestive of underlying pathology	
Hands		
12	Inspect the hands for relevant clinical signs (e.g. oedema)	
13	Assess and compare the temperature of the hands	
14	Assess capillary refill time (CRT)	
15	Assess the radial pulse	
Face		
16	Inspect the patient's face for relevant clinical signs (e.g. oedema, jaundice, conjunctival pallor)	
Abdominal inspection		
17	Position the patient appropriately for abdominal inspection	
18	Inspect the abdomen closely (scars, linea nigra, striae)	
Abdominal palpation		
19	Briefly palpate the nine regions of the abdomen for tenderness or masses	
20	Palpate the borders of the uterus	
21	Determine fetal lie	
22	Assess fetal presentation	
23	Assess fetal engagement	

24	Measure symphyseal-fundal height	
Fetal heartbeat		
25	Listen to the fetal heartbeat using a Pinard stethoscope or Doppler ultrasound	
To complete the examination...		
26	Explain to the patient that the examination is now finished	
27	Thank the patient for their time	
28	Dispose of PPE appropriately and wash your hands	
29	Summarise your findings	
30	Suggest further assessments and investigations (e.g. blood pressure, urinalysis, speculum, ultrasound scan)	

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



Download our
[clinical skills app](#)