



OSCE Checklist: Tiredness 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 taking a history
Presenting complaint	
6	Use open questioning to explore the patient's presenting complaint
History of presenting complaint	
7	Identify the patient's main symptom (daytime somnolence, fatigue or weakness)
8	Onset: clarify when the tiredness first started and if it came on suddenly or gradually
9	Associated symptoms: ask if there are any other associated symptoms (including red flags)
10	Ask the screening questions for depression
11	Time course: ask how the tiredness has changed over time and whether it fluctuates
12	If daytime somnolence: ask about involuntary sleep and bedtime routine, consider using the Epworth Sleepiness Scale to assess severity
13	Explore the patient's ideas, concerns and expectations
14	Summarise the patient's presenting complaint
Systemic enquiry	
15	Screen for relevant symptoms in other body systems
Past medical history	
16	Screen for conditions which may be associated with tiredness
17	Ask about other medical diagnoses and previous surgical history
18	Ask if the patient has any allergies and if so, clarify what kind of reaction they had to the substance
Drug history	
19	Ask if the patient is currently taking any prescribed medications or over-the-counter remedies
20	Ask if the patient if they're experiencing any side effects from their medication
Family history	
21	Ask if there is any relevant family history
Social history	
22	Explore the patient's general social context (impact of tiredness on daily life, life circumstances and stressors, work patterns)

23	Take a smoking history	
24	Take an alcohol history	
25	Ask about recreational drug use	
26	Ask about the patient's occupation and identify any high-risk activities	
27	Ask if the patient drives	
Closing the consultation		
28	Summarise the salient points of the history back to the patient and ask if they feel that you've missed anything	
29	Thank the patient for their time	
30	Dispose of PPE appropriately and wash your hands	
Key communication skills		
31	Active listening	
32	Summarising	
33	Signposting	

Read the full guide at
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