



OSCE Checklist: Corticosteroid 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 requiring treatment with corticosteroids (including symptoms and current/past treatments)	
7	Ask about contraindications and cautions for corticosteroids (e.g. infection, peptic ulceration, mental health conditions)	
8	Ask about allergies and current medications (including prescribed and over the counter drugs)	
Corticosteroid explanation		
9	Explain what corticosteroids are and how they work	
10	Explain how to take corticosteroids	
11	Explain what to do if a dose is missed	
12	Explain the monitoring required for corticosteroids	
13	Explain the side effects of corticosteroids (e.g. insomnia, Cushing's syndrome, osteoporosis)	
14	Explain the risk of adrenal insufficiency	
15	Explain the importance of carrying a steroid alert card	
16	Explain corticosteroid 'sick day' rules (if required)	
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	