



# OSCE Checklist | Unintentional Weight Loss 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	Establish a history of weight loss (if not part of the initial presenting complaint)
8	Clarify the amount of weight that has been lost
9	Establish the time frame in which weight loss has occurred
10	Ask about appetite
11	Ask about eating habits and meal patterns to establish caloric intake
12	Ask about diet (calorie restriction) and exercise
13	Ask about associated symptoms and identify any red flag symptoms (e.g. rapid weight loss, constitutional symptoms, dysphagia, melaena, change in bowel habit)
14	Explore the patient's ideas, concerns and expectations
15	Summarise the patient's presenting complaint
Systemic enquiry	
16	Screen for relevant symptoms in other body systems
Past medical history	
17	Ask about other medical diagnoses and previous surgical history (e.g. gastrointestinal surgery)
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 of gastrointestinal or malignancy

<b>Social history</b>		
22	Explore the patient's general social context (accommodation, who the patient lives with, how the patient manages with activities of daily living, care needs)	
23	Take a smoking history	
24	Take an alcohol history	
25	Ask about recreational drug use	
<b>Travel history</b>		
26	If the patient's symptoms suggest an infective aetiology, take a travel history to assess exposure risk	
<b>Closing the consultation</b>		
27	Summarise the salient points of the history back to the patient and ask if they feel that you've missed anything	
28	Thank the patient for their time	
29	Dispose of PPE appropriately and wash your hands	
<b>Key communication skills</b>		
30	Active listening	
31	Summarising	
32	Signposting	

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