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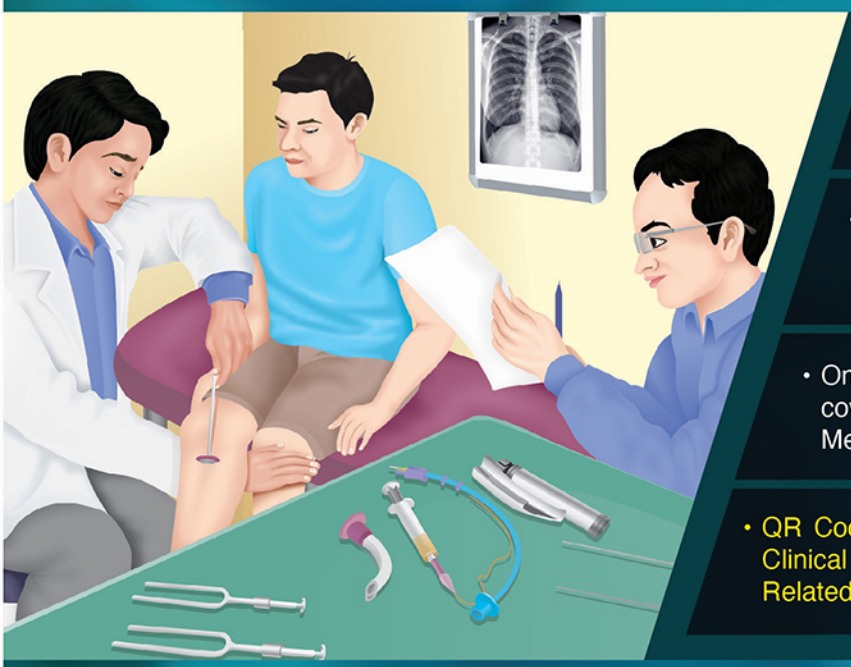
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An Insider's Guide to OSCE in MEDICINE



Highlights

- Crafted as per the new & latest undergraduate & postgraduate curriculum of NMC
- One stop solution - Comprehensive coverage of all types of OSCEs in Medicine
- QR Codes for Video Demonstration of Clinical Signs and Examinations in Related Chapters

Archith Boloor
Mohamed Faizan Thouseef

JAYPEE

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CHAPTER

5B

Physical Examination OSCE Stations:
Vital Signs

Eliciting vital signs in a very common manned OSCE station. The student will be asked to demonstrate one or two signs in this station and tell the inference. The examiner observes the process and grades based on checklist. In this chapter we have shared a few examples.

OSCE 1: DEMONSTRATE THE STEPS TO DETERMINE RADIAL PULSE RATE AND RHYTHM IN GIVEN SUBJECT AND REPORT



Checklist

	Marks Allotted
Washes hands, i.e., with alcohol based sanitizer or 15 seconds with soap and water, before touching the patient and after finishing the examination	0.5
Stands on the right side of the subject and introduces and takes oral consent	0.5
Exposes the arm till elbow joint. Holds subject's right hand in semi-pronated position and wrist slightly flexed position	0.5
Feels for the radial artery pressing against the radial styloid process using the index, middle and ring fingers of the examiner's hand (index finger proximally and ring finger distally)	1.5
Counts the rate for complete one minute	0.5
Reports the rate (min) and rhythm (regular/irregular)	1.5
Total	**5**

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OSCE 2: DEMONSTRATE THE STEPS TO DETERMINE COLLAPSING PULSE IN GIVEN SUBJECT AND REPORT

Checklist

	Marks Allotted
Washes hands, i.e., with alcohol based sanitizer or 15 seconds with soap and water, before touching the patient and after finishing the examination	0.5
Stands on the right side of the subject and introduces and takes oral consent	0.5
Exposes the arm till elbow joint. Palpates the radial artery and traces the artery proximally to a point where it is just felt	0.5
Wraps wrist around the patient's forearm, so as to place the heads of the metacarpals over the artery. Simultaneously, palpates the radial and ulnar arteries by encircling the patient's wrist with other hand	1.5
Abruptly raise the patient's hand above the shoulder	1
Reports the finding as present or absent	1
Total	**5**

OSCE 3: DEMONSTRATE THE STEPS TO DETERMINE DORSALIS PEDIS PULSE IN GIVEN SUBJECT AND REPORT

Checklist

	Marks Allotted
Washes hands, i.e., with alcohol based sanitizer or 15 seconds with soap and water, before touching the patient and after finishing the examination	0.5
Stands on the right side of the subject and introduces and takes oral consent	0.5
Exposes the feet above ankle joint of both legs	0.5
Feels for the pulsation on the dorsum of the foot, at the base of the first metatarsal bone using the index, middle and ring fingers of the examiner's hand. (index finger proximally and ring finger distally, just lateral to the tendon)	1.5
Repeats the same on other foot	1.5
Reports	0.5
Total	**5**

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OSCE 4: DEMONSTRATE THE STEPS TO DETERMINE BLOOD PRESSURE IN GIVEN SUBJECT AND REPORT

Checklist

	Marks Allotted
Washes hands, i.e., with alcohol based sanitizer or 15 seconds with soap and water, before touching the patient and after finishing the examination	0.5
Stands on the right side of the subject and introduces himself and collects brief data of subject, takes oral consent to do procedure Positions subject (sitting-with their feet on floor, legs uncrossed and their back supported/supine-lying down) and rests for 2–3 min approximately	0.5
Exposes the subjects arm at least 5 inches above the elbow: Removes tight clothing if present around elbow joint	0.25
Squeezes all air out of cuff before applying to subject, supporting the arm, placing at heart level, palm of hand turned up	0.25
Place cuff snugly on bare arm and the center of the bladder is positioned over the line of the artery. The lower edge of the bladder is 2–3 cm above the elbow crease	0.25
The palpatory systolic pressure is measured by palpating for the radial artery, closing the valve, and pumping up the cuff. (deflates cuff slowly and notes the point of reappearance of pulse)	1
The student reports the palpatory systolic pressure and pulse rate	0.5
Releases the air from the cuff and waits 30 seconds. Elevates the pressure 20–30 mm Hg above the palpatory systolic pressure	0.25
Uses stethoscope properly (direction of earpieces). Checks the stethoscope amplification for sound and positions the diaphragm of the stethoscope over the brachial artery	0.5
Deflates slowly at about 2 mm Hg/second, noting the appearance (SBP) and disappearance (DBP) of sounds heard	0.25
Releases the remaining air in the cuff after recording BP by opening the valve completely and removing the cuff	0.25
Reports subject position, arm used, blood pressure SBP and DBP in mm of Hg with comments	0.5
Total	**5**

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OSCE 5: DEMONSTRATE THE STEPS TO EXAMINE SUPERFICIAL TEMPORAL ARTERY IN GIVEN SUBJECT AND REPORT

Checklist

	Marks Allotted
Washes hands, i.e., with alcohol based sanitizer or 15 seconds with soap and water, before touching the patient and after finishing the examination	0.5
Stands on the right side of the subject and positions the patient in a sitting position and introduces and takes oral consent	0.5
Inspects the temporal region for any visible pulsations, swelling, erythema, or abnormal skin changes.	1
Feels for the temporal artery by using the pads of the index and middle finger just in front of the tragus	1
Asks the patient if they experience any tenderness during palpation	1
Applies pressure over the artery, ensuring to palpate both sides of the forehead for comparison.	0.5
Reports the rate (/min) and rhythm (regular/irregular)	0.5
Total	**5**

OSCE 6: DEMONSTRATE THE STEPS TO EXAMINE BRACHIAL ARTERY IN GIVEN SUBJECT AND REPORT

Checklist

	Marks Allotted
Washes hands, i.e., with alcohol based sanitizer or 15 seconds with soap and water, before touching the patient and after finishing the examination	0.5
Stands on the right side of the subject and positions the patient in a sitting position and introduces and takes oral consent	0.5
For examining right brachial artery: Student supports the right forearm in his/her left hand and positions patients upper arm abducted, the elbow slightly flexed, and the forearm externally rotated	1
Student curls his/her right hand over the anterior aspect of the patient's elbow to palpate along the course of the artery just medial to the bicep's tendon and lateral to the medial epicondyle of the humerus	1
Switches position of hands when examining the opposite limb	0.5
Counts the rate for complete one minute	0.5
Reports the rate (/min) and rhythm (regular/irregular)	1
Total	**5**

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OSCE 7: DEMONSTRATE THE STEPS TO EXAMINE POPLITEAL ARTERY IN GIVEN SUBJECT AND REPORT

Checklist

	Marks Allotted
Washes hands, i.e., with alcohol based sanitizer or 15 seconds with soap and water, before touching the patient and after finishing the examination	0.5
Positions the patient in a supine position and introduces and takes oral consent	0.5
For examining right popliteal artery: Student stands on the right side and uses both hands to encircle the knee, with both thumbs placed on tibial tuberosity	0.5
Palpates the pulse by pressing deeply into the popliteal space with the supporting fingertips	1
Palpates the left popliteal pulse and performs the same maneuver	1
Counts the rate for complete one minute	1
Reports the rate (/min) and rhythm (regular/irregular)	0.5
Total	**5**

OSCE 8: DEMONSTRATE THE STEPS TO EXAMINE POSTERIOR TIBIAL ARTERY IN GIVEN SUBJECT AND REPORT

Checklist

	Marks Allotted
Washes hands, i.e., with alcohol based sanitizer or 15 seconds with soap and water, before touching the patient and after finishing the examination	1
Positions the patient in a supine position, stands on the right side of patient and takes oral consent	1
Palpates by curling the fingers of the examining hand anteriorly around the ankle, indenting the soft tissues in the space between the medial malleolus and the Achilles tendon, above the calcaneus	1
Checks on opposite side	1
Reports the rate (/min) and rhythm (regular/irregular)	1
Total	**5**

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OSCE 9: DEMONSTRATE THE STEPS TO EXAMINE CAROTID PULSE IN GIVEN SUBJECT AND REPORT

Checklist

	Marks Allotted
Washes hands, i.e., with alcohol based sanitizer or 15 seconds with soap and water, before touching the patient and after finishing the examination	0.5
Stands on the right side of the subject and positions the patient in a sitting position and introduces and takes oral consent	0.5
Preferably auscultates for carotid bruit prior to palpation, to prevent possible dislodgement of the atherosclerotic plaque (if present)	1
Palpates the right carotid artery by placing the left thumb near the patient's upper neck between the sternomastoid and trachea roughly at the level of cricoid cartilage	1
Repeats the procedure on other side by placing the right thumb over the patients left carotid	1
Reports the rate (/min) and rhythm (regular/irregular) and character	1
Total	**5**

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An Insider's Guide to OSCE in MEDICINE

An Insider's Guide to OSCE in Medicine has been conceptualized to meet the need for understanding and practice of objective structured examination (OSCE) for undergraduates and postgraduates of medicine.

Key Features

- This book encompasses description of all possible OSCE patterns that can be encountered in the examination.
- Standardized checklist for evaluation will help the examinee perform better.
- Clinical demonstration OSCE section have attached video for improving understanding.
- AETCOM-based OSCE descriptions included.
- Multiple examples for various types of OSCE patterns.
- Tips for examinee and examiner included.
- OSCE pertaining to medicine allied specialties like dermatology and psychiatry included.
- Formulated based on the latest CBME regulations of undergraduate and postgraduate curriculum.

Archith Boloor MBBS MD (Internal Medicine) is working as Additional Professor and HOU, Department of Medicine, Kasturba Medical College, Mangaluru, Karnataka, India. His passion for teaching of more than 16 years has trickled into multiple books such as: *Exam Preparatory Manual for Undergraduates—Medicine, An Insider's Guide to Clinical Medicine, Mastering Medicine—MRCP Made Easy, Antibiotic Basics for Clinicians—The ABCs of Choosing the Right Antibacterial Agent—SAE, Comprehensive Medicine for Dental Students, ABC of ECG Washington Manual of Medical Therapeutics—SAE* and *An Insider's Guide to Cases in Clinical Medicine.*

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