

## OSCE Checklist: Examination of the Thyroid

<b>Introduction</b>	
Introduce yourself	
Wash hands	
Briefly explain to the patient what the examination involves	
Ask the patient to sit of a chair	
<b>General Inspection</b>	
Patient's body habitus	
Clinical signs of <ul style="list-style-type: none"> <li>- Alopecia or vitiligo</li> <li>- Abnormal temperature regulation</li> </ul>	
<b>Hands</b>	
Nail bed and fingers <ul style="list-style-type: none"> <li>- Thyroid acropachy</li> <li>- Onycholysis</li> </ul>	
Palmar erythema	
Fine tremor	
Radial pulse	
<b>Eyes</b>	
Proptosis or exophthalmos	
Eye movements	
Lid retraction and lid-lag	
Convergence	
<b>Neck and Face</b>	
Initial inspection	
Palpate the thyroid gland <ul style="list-style-type: none"> <li>- Size</li> <li>- Symmetry</li> <li>- Tenderness</li> <li>- Lumps</li> </ul>	
Palpate the lymph nodes	
Tracheal deviation	
Percuss for retrosternal dullness	
Auscultation of the gland	
<b>Legs</b>	
Evidence of pretibial myxoedema	

Test the patella reflex	
Sit-to-stand test	
<b>Completing the Examination</b>	
Thank the patient	
To complete the examination: <ul style="list-style-type: none"><li>- Inspect for evidence of gynaecomastia</li><li>- Perform a cardiovascular examination and blood pressure reading</li></ul>	