OSCE checklist for antenatal assessment

An OSCE checklist for antenatal assessment covers a calm introduction, history, measuring blood pressure and urine, examining the abdomen, listening to the fetal heart, and giving advice on warning signs. Practise on a model and out loud.

OSCE checklist for antenatal assessment: steps to practise

1. Wash or rub your hands. Introduce yourself, confirm identity, explain and gain consent.
2. Ask the woman to empty her bladder, and offer a chaperone if the examination needs one.
3. Review the notes: dates, expected date of birth, risk factors and past findings.
4. Ask how she feels, and about fetal movements, bleeding, fluid, headache, vision changes, swelling and pain.
5. Measure blood pressure and test the urine, as your policy requires.
6. Check weight and other measurements if they are part of the visit.
7. Position her comfortably, with the abdomen exposed and the rest covered, avoiding lying flat on the back.
8. Look at the abdomen, then palpate gently for the size of the uterus, and measure fundal height where your guidance says to.
9. Work out the lie, presentation and position by palpation, using the method you were taught, when appropriate for the gestation.
10. Listen to the fetal heart with the equipment your setting uses.
11. Explain findings, answer questions and give advice on when to call or come in.
12. Record all findings, and the next appointment.

What candidates commonly forget

- Asking about fetal movements and warning signs.
- Blood pressure and urine, and what you would do if abnormal.
- Warm hands and gentle palpation.

- Not lying the woman flat on her back for long.
- Documenting and arranging follow-up.

Local policy comes first

This is our own practice checklist. Your college, hospital or country may do some steps differently. Where local policy and this list disagree, follow local policy. Schedules, the gestation at which each check starts, and who does each check differ between countries and local policy. You can practise with an AI patient, and try one station free with no sign-up. See also the general OSCE nursing checklist.

Common questions

What do I examine in an antenatal assessment?

Usually blood pressure, urine, abdominal examination, fetal heart and the woman's symptoms, as your course and policy list.

Why check urine and blood pressure?

They help find signs of pre-eclampsia and infection. Say what you would do with an abnormal result.

What warning signs do I advise on?

Bleeding, leaking fluid, reduced baby movements, severe headache, vision changes or pain. Use your local list.

Sources

- NICE NG201: Antenatal care
- WHO recommendations on antenatal care for a positive pregnancy experience
- NHS: Your antenatal care and appointments

Checked 2026-11-13. Fees and rules change, so confirm them with the regulator before you book.