OSCE checklist for child health nursing: child nutrition

OSCE checklist for child health nursing: a nutrition assessment from birth to 5 years explores intake, feeding skills and family circumstances alongside growth and health concerns. Use this original practice checklist with your course guidance and supervised skills teaching.

Numbered practice steps

1. Confirm the child's identity and introduce your student role. Explain the task in suitable language, check who can consent under the applicable law, and seek the child's agreement as appropriate. Explain privacy and its limits before sensitive questions. Use hand hygiene and appropriate protective equipment before contact.
2. Confirm the child's identity, caregiver and feeding context. Ask about any known allergy, long-term illness or professional feeding plan before discussing changes.
3. Invite a description of meals, snacks, drinks and feeding difficulties. Ask about texture, chewing, swallowing, vomiting and whether eating is painful or stressful.
4. Explore access to food and preparation facilities without blame. Ask about cultural preferences and who usually feeds the child at home or in childcare.
5. Review growth information using the appropriate chart and training. Poor intake, weight concerns, dehydration or swallowing difficulty need assessment and an appropriate referral.
6. Agree practical support with the family and supervising practitioner. Document concerns, referrals and follow-up rather than offering a restrictive diet or supplements without review.
7. Close by checking understanding, ensuring comfort and cleaning your hands and equipment as appropriate. Document findings and hand over any unresolved safety concern to the supervising practitioner.

Common omissions

Looking at a single weight misses growth over time. Calling a child fussy can hide swallowing problems or pain. Advice that depends on unaffordable food will not help the family.

Try an original practice task

Use a fictional feeding history with a family who has limited food access. Practise asking sensitively and explaining a dietetic or clinical referral in plain language.

These steps support learning, rather than authorising independent treatment. Follow your school's task and local policy; ask for help when a decision exceeds your competence.

Related nursing practice

Return to child health nursing OSCE practice or use the full checklist directory.

Common questions

Is this a school marking sheet?

No. This is an original learning checklist. Your school sets the task and assessment criteria.

Can I print this checklist?

Yes. Use the PDF download on this page for practice.

Sources

- NMC: The Code
- NICE NG247: maternal and child nutrition

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