OSCE stations for mental health nursing: eating disorders

OSCE stations for mental health nursing: an eating disorder nursing assessment checks physical and mental health concerns without judging risk from appearance or weight alone. Use this original practice checklist with your course guidance and supervised skills teaching.

Numbered practice steps

1. Check immediate responsiveness and physical stability first. Severe weakness, collapse, chest symptoms or confusion need urgent clinical help before an extended interview. Introduce yourself, confirm identity, explain the assessment and seek appropriate consent. Use hand hygiene before contact.
2. Offer a private, respectful conversation and explain why physical checks matter. Ask about eating changes, fluid intake, vomiting, exercise and other compensatory behaviours.
3. Ask about fainting, chest symptoms, weakness, confusion and reduced urine. Arrange urgent clinical help for severe illness rather than continuing a routine interview.
4. Check observations and other assessments requested by the team within your competence. Note recent change and symptoms; do not rely on a single weight or body size.
5. Explore self-harm, distress and the support available. Explain concerns about deterioration and seek senior review when physical stability or immediate safety is uncertain.
6. Record findings sensitively and agree the next step with the specialist team. Avoid prescribing an exercise, refeeding or fluid plan independently.
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

Praise for weight loss may reinforce illness. A person can be medically unwell without looking thin. Reassurance based only on a normal reading misses trends, purging and rapid changes.

Try an original practice task

Practise explaining why a person with dizziness and restricted intake needs physical assessment. Use neutral language and give an objective handover without discussing target weights.

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 mental nursing OSCE practice or use the full checklist directory.

For a related communication exercise, try the eating disorders practice station. Its task and clinical setting may differ from this checklist.

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 NG69: eating disorders

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