OSCE checklist for health education

An OSCE checklist for health education starts by finding out what the person already knows and wants, then sets a clear goal, teaches in short, clear steps with a suitable aid, checks understanding and agrees a follow-up.

OSCE checklist for health education: steps to practise

1. Introduce yourself, confirm identity, explain the topic and gain consent. Find a quiet, private space.
2. Ask what the person knows, believes and worries about. Note language, reading level and any barriers.
3. Agree a small number of simple goals with the person.
4. Choose the method and aid: speaking, a demonstration, a leaflet or a model.
5. Explain in plain language and short chunks, and avoid jargon.
6. Use examples that fit the person's life, culture and home.
7. Ask open questions and let them talk.
8. Check understanding using teach-back, asking them to explain or show the key point in their own words.
9. Summarise the main points and agree the next step.
10. Offer written or recorded information and say where to get help.
11. Record what was taught, how they responded and the follow-up.

What candidates commonly forget

- Starting with what the person already knows.
- Limiting the number of key messages.
- Using teach-back to check understanding.
- Culture, language and literacy.
- Agreeing a follow-up plan.

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. Models and terms such as aim, objective and evaluation vary between courses. Use your own course's format. 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 should an OSCE health education station include?

Assessment of needs, clear aims, simple teaching, a method or aid, a check of understanding, a summary and follow-up.

What is teach-back?

Asking the person to explain the advice in their own words so you can see what has been understood.

How many points should I teach?

A few. Too many points are forgotten, so focus on what matters most.

Sources

- WHO health promotion glossary
- NICE PH6: Behaviour change: general approaches
- NICE PH49: Behaviour change: individual approaches
- AHRQ: Teach-back

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