

Use at every station — any category, any year

BEFORE YOU ENTER

Read the stem twice. Identify: **station type** (history / exam / communication / practical) · **patient age & setting** · **key concern** · what the examiner wants. Take one slow breath.

1 Entering the Room ~30 sec

- Knock / acknowledge examiner
- Wash hands or use gel visibly
- Introduce: name + role ("I'm Oliver, a final-year medical student")
- Confirm patient name + date of birth
- Check patient is comfortable, seated / positioned
- Explain what you're about to do and gain consent
- Offer chaperone if relevant

2 Station Core ~5–6 min

- History:** PC → HPC → SOCRATES → systems review
- Exam:** Inspect → Palpate → Percuss → Auscultate
- Communication:** Structured framework, check understanding
- Use open questions first, then focused closed questions
- Signpost transitions: "I'd now like to ask about..."
- Maintain eye contact; avoid jargon
- Demonstrate empathy at least once verbally

3 ICE — Ideas, Concerns & Expectations Always include

IDEAS

"What do you think might be causing this?"
"Have you any thoughts about what it could be?"

CONCERNS

"Is there anything in particular you're worried about?"
"What's been troubling you most?"

EXPECTATIONS

"What were you hoping we could do today?"
"What would be most helpful for you?"

Tip: Don't fire all three at once. Weave ICE naturally into the consultation — usually after the initial complaint, before closing.

4 Summarise Back ~30 sec

- "So just to summarise what you've told me..."
- Hit main complaint + 2–3 key details
- "Does that sound right to you?"
- Correct any misunderstandings

5 Safety Netting Every station

- Explain what to look out for (red flags)
- "If this happens, come back straight away / call 999"
- Give timeframe: "If no better in 48 hours..."
- Follow-up arranged / investigations explained

6 Close the Station ~30 sec

- "Is there anything else you'd like to ask?"
- Check patient understanding (teach-back if needed)
- Provide written info / leaflet if appropriate
- Thank the patient by name
- Wash hands again

! Common Marks Lost — Know These Cold

- | | | |
|--|--|--|
| <input checked="" type="checkbox"/> Not confirming DOB | <input checked="" type="checkbox"/> Missing ICE entirely | <input checked="" type="checkbox"/> Not summarising back |
| <input checked="" type="checkbox"/> Forgetting to wash hands | <input checked="" type="checkbox"/> No safety netting | <input checked="" type="checkbox"/> Closing without "anything else?" |
| <input checked="" type="checkbox"/> Not gaining consent | <input checked="" type="checkbox"/> Interrupting the patient | <input checked="" type="checkbox"/> Using medical jargon |