



**MLA Cases**  
ACTIVE LEARNING

# CONSULTATION CHECKLIST

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**MLACASES.COM**



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# CONSULTATION CHECKLIST

## 1. GRIPS



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### (i) GREET ■

"Hello..." (*waits for a response before continuing*).

### (ii) RAPPORT ■

"How are you?" (*no handshakes*).

### (iii) INTRODUCE SELF / IDENTITY CHECK ■

"My name is Dr... I'm one of the FY2 doctors working in X department / the GP surgery."

"Could you confirm your name and age for me?" • Name preference • "Nice to meet you."

### (iv) PURPOSE ■



#### GRIPS 1 - BLIND CONSULTATION:

"How can I help you today?" / "What's brought you in today?"



#### GRIPS 2 - ORIENTATED CONSULTATION:

(Follow up / Admitted / Presenting complaint known) (3 P's):

**POSITION:** "I understand that you are here for follow-up / have been in hospital for X days / have had some troubles with (symptom)."

**PLAN:** "I've been asked to... Is that okay with you?"

**PRIOR UNDERSTANDING / PRESENTING COMPLAINT:** "So we're on the same page, can you take me through what's happened so far?" (**follow up, admitted**) / "Could you take me through what's been going on?" (**symptom**) / "Could you take me through what happened?" (**incident**) / "How have you been getting on?" (**routine check-up**)

### (v) SMILE ■



## 2. FOCUSED HISTORY TAKING

### (i) P<sub>3</sub>MAF (Biological component of BPS model)

#### ☹ 1. PRESENTING COMPLAINT / HISTORY OF PRESENTING COMPLAINT.

**Open Questions:** "Tell me *more* about..." / "Can you *clarify* what you mean when you say..." / "Can you *describe* to me what happens..." , etc.....

**SOCRATES (pain) / FODIPARA (other symptoms) / Incident History**.....

🚨 **Red Flags**.....

**Risk Factors**.....

**Relevant Systems Review**.....

**Differential Diagnosis**.....

★ **SIGNPOSTING:** A few standard women's health / sexual health / general health questions... +/- Some of these questions are a bit personal, but they might be related to your condition.....

📄 2. **PERSONAL HISTORY (5P's of Women's Health • 6 P's of Sexual Health)**.....

🔒 3. **PAST MEDICAL HISTORY**.....

💊 4. **MEDICATION HISTORY**.....

🧪 5. **ALLERGIC HISTORY**.....

👪 6. **FAMILY HISTORY**.....

★ **SIGNPOSTING:** A few questions now about your lifestyle habits and life situation.....

### (ii) SOCIAL HISTORY (Social component of BPS model)

1. **LIFE STYLE (SADES) (Smoking • Alcohol & Recreational Drugs • Diet • Exercise • Stress)**.....

2. **LIFE SITUATION (Home • Work/School • Driving status • Travel)**.....

3. **LIFE EFFECTS (ADLs • Work/School • Relationships • Sleep • Mental health • Reading • Leisure activities)**..

"How has this affected you?...Has it stopped you from doing anything in your day-to-day life?"

★ **SIGNPOSTING:** Just before we move on, I'd like to get more of a sense what's been going through your mind about all of this so far.....

### (iii) ICE (Psychological component of BPS model) (throughout consultation, respond to cues)

1. **IDEAS:** "Have you had any thoughts about what might be going on?".....

2. **CONCERNS:** "Is there anything in particular that is worrying you the most?".....

3. **EXPECTATIONS:** "Was there anything in particular you were hoping I could help you with today?"...

*(Double check Expectations again at end of consultation)*

★ **SUMMARY:** "Let's recap what you have told me so far... Is that correct?".....

# 3. PHYSICAL EXAMINATION



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## Verbalise Examinations: Only Perform If Manikin Provided or If Instructed

"Thank you very much Miss X for answering my questions. I'd now like to..."

Basic Observations (BP, Pulse, RR, O2 sats, Temp).....

Specific Examinations (GPE, Systems, Body parts).....

Bed-side Tests (urine dipstick, capillary glucose, ECG, PEFr, urine pregnancy test, BMI).....

"Would that be okay?" (*obtains verbal consent*).....



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# 4. PROVISIONAL DIAGNOSIS

## Impression / Provisional Diagnosis / Clinical Diagnosis

- “From what you’ve told me and from my examination, I suspect that you may have / I can confirm that you have...” .....
- Checks current understanding: "Is that something you’ve heard of before?" .....
- Offers explanation: "Shall I explain it a bit further?" .....
- Gives targeted explanation based on understanding. Chunks & checks. No jargon.....



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# 5. PATIENT-CENTERED MANAGEMENT

## (i) KEY DECISIONS

E.g. **ADMIT, REFER, TREAT, REASSURE, OTHER** - start with these before running out of time.

"My recommendation would be to stay in hospital to allow us to".....

"I would like to make an urgent/2WW/very urgent/immediate referral to".....

*(if routine just say referral)*

"I do think you would benefit from some drug treatment" (e.g. *antibiotics*).....

"It usually resolves on its own without treatment in a *few days/weeks/months*".....

*[Plus any other decisions that address key issues in the case e.g. issues identified in social history or ICE assessment]*.....

## (ii) INVESTIGATIONS

"I would need to confirm the diagnosis by..." / "I would also like to do..."

**ROUTINE BLOOD TESTS** (e.g. **FBC · U&Es · LFTs**).....

**SPECIAL BLOOD TESTS**.....

**COLLECTION & ANALYSIS OF OTHER SPECIMENS** (e.g. *urine, stool, sputum, swabs, etc*).....

**IMAGING STUDIES**.....

**INVASIVE PROCEDURES / BIOPSIES**.....

## (iii) TREATMENT & ADVICE

*(involve patient in decision and come to mutually agreed treatment plan)*

"If confirmed, we can give you..." / "there are a few different options"

E.g. **CONSERVATIVE, MEDICAL, SURGICAL** "Did you have any particular thoughts or preference about this?".....

"There are also some **GENERAL SELF-CARE MEASURES** I would recommend, such as...".....

If referring to a specialist, include both what you would do in the meantime in the GP setting as well as what the specialist will do:

**1) Assessment 2) Specialist Investigations 3) Specialist Treatments**.....

## (iv) AFTERCARE (FSL)

**FOLLOW-UP:** "I'd like to see you again in X weeks' time to check how you're getting on".....

 **SAFETY NETTING:** "Please come back / dial 999 / alert a member of staff if...".....

**LEAFLET:** "Before you go, I'll bring you some reading information about...".....

★ **DOUBLE CHECK EXPECTATIONS (ICE)** - "Is there anything else you were hoping I could help you with today?".....

★ **MANNERS:** "It was nice meeting you".....