

Clinical Skills Breast Exam

Student Name: _____ Computer# _____ Gp # _____

Examiner (Print) _____ Final Score _____ /20= _____ %

Expected Steps	Not Done (0 mark)	Incomplete /Incorrect (1 mark)	Complete /Correct (2 marks)
1. Greets Patient, Introduces Self, verifies identity			
2. Explain the procedure, obtain verbal consent.			
3. Ensures privacy, adequate exposure up to the waist and bring a chaperone & washes hands.			
4. Inspection: Inspect the chest/breast with the arms in 3 positions (at rest, neck and hips) in standing position. Note <i>symmetry, size, skin changes, scars, moles, retraction and dimpling</i> . Inspect nipples for <i>colour, discharge, destruction, deviation, inversion and eczematous skin</i> .			
5. Inspect Axillae bilaterally, noting any masses, discharge or erythema. Inspect arms and Supraclavicular fossa.			
6. Palpation one side at a time using 3 finger pads at a time(Start with apparently normal breast); covering the whole breasts clavicle down, noting mass, tenderness or increased heat. For masses note <i>site, shape, size, surface, edge, consistency and mobility</i> . (May require bimanual technique)			
8. Palpation Axillae bilaterally in all 3 zones (anterior, posterior and central for any lymph nodes or other areas of tenderness or edema). Palpate for Supraclavicular nodes.			
9. Cover patient. Explain findings, plans & answer questions. <i>Teaches patient self-exam.</i>			
10. Plan for follow up, Thank patient, document exam.			
Comments: <u>AA's To Explain Triple Assessment.</u>			
			Score /20