



Breast Examination

Intro (1)

History (1)

Explain why you want to do exam (1)

Gain Consent (1)

Chaparone (1)

Undress upperhalf behind curtain (1)

Sit on edge of bed- inspection in three positions arms by side, on hips and behind head. (1)

Patient point to nodule – feel and general feel of breasts (1)

Squeeze nipple for discharge (1)

Check supra clavicular node and axillary lymph nodes both sides (1)

Lie back hands behind head. (1)

Palpate both breasts with three finger going round both breasts (1)

Examine lump appropriately, describe site, shape, size, edges, texture (soft hard rubbery) fixation to underlying structures, attached/ involved skin. (5)

Pain – worse on squeezing or pressing rib cage (1)

Suspicious lump triple asses – Examine, image and Biopsy (FNA or Punch) (1)

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