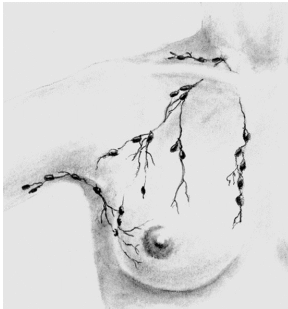


## History

- Health history questions regarding age, family history, personal history, reproductive history
- Review patient's concerns or symptoms
- Assess actual and perceived risk

## Lymph Node Exam



### Clavicular

Palpate deep above & below the clavicle

### Axillary

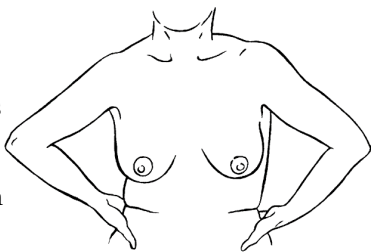
Palpate in a diamond pattern

- Deep at the apex
- Medially along pectoralis muscle
- Laterally along subscapular muscle
- High under humeral head

## Visual Inspection

In sitting position check for:

- Symmetry
- Skin changes
- Nipple changes
- Dimpling
- Venous Pattern



## Patient Positioning

### Cahan

- Hip elevated 90°
- Knees flexed
- Support lower back or shoulder
- Elbow - 90° angle, back of hand on forehead



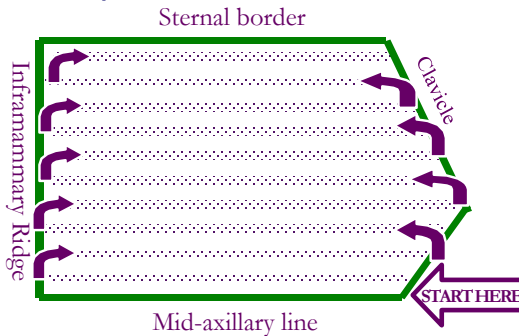
### Supine

- Elbow - 90° angle



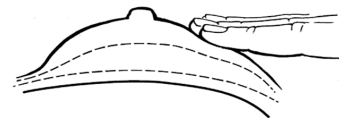
## Perimeter & Pattern

### Vertical Strip

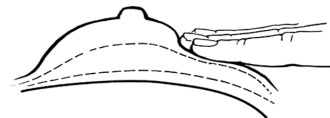


## Pressure

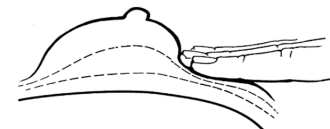
### Light



### Medium



### Deep



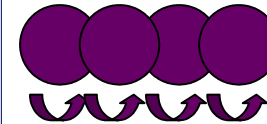
## Palpation



Pads of three middle fingers



DIME Dime size circles



Slide or walk between palpations without lifting fingers

## Plan of Action & Patient Education

- Determine next steps for abnormal results
- Stress importance of adherence to follow-up
- Emphasize rescreening
- Impart cultural sensitivity
- Discuss/teach Breast Self-Exam

## Documentation

- Patient concerns
- Exam findings
- Plan of action
- Referrals made
- Patient education
- Results notification (tests/procedures)

### Discreet Mass

- Location
- Size
- Shape
- Margins
- Mobility
- Consistency
- Tenderness

### Reference

Barton B. Does This Patient Have Breast Cancer? The Screening Clinical Breast Examination: Should It Be Done? How? *JAMA*. 1999;282(13):1270-1280.