**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**
- Sternal border
- Clavicle
- Mid-axillary line

**Pressure**

**Light**

**Medium**

**Deep**

**Palpation**

- Pads of three middle fingers
- 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)

**Reference**


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