

## Observed Breast Examination

Student \_\_\_\_\_ Date \_\_\_\_\_

Preceptor \_\_\_\_\_ Site \_\_\_\_\_

### Reviewing Expectations with the Student before the Exam

|   | Yes | No | NA |
|---|-----|----|----|
| 1. Introduce yourself.  |     |    |    |
| 2. Adequately explain reasons for and procedure of the breast exam either before or during the exam                                 |     |    |    |
| 3. Maintain patient's individual need for privacy and comfort. Step out of the room to let patient undress in privacy, supply gown. |     |    |    |
| 4. Wash hands.  |     |    |    |

### PERFORM STEPS OF THE EXAM

|   | Yes | No | NA |
|---|-----|----|----|
| 1. With patient sitting up, position her hands at her hips and ask her to gently push inward. Visualize for symmetry.   |     |    |    |
| 2. Ask patient to put hands together above head and press inward. Visualize for symmetry.   |     |    |    |
| 3. With arms at side, palpate axilla bilaterally, feeling for lymph nodes   |     |    |    |
| 4. Patient lies down with arms above head; palpate each breast in "lawnmower" fashion in an up and down direction, using circular motion. Squeeze nipples to detect any discharge. Examine skin for any overlying skin changes. If mass or cyst is found, palpate other breast at the same time to check for symmetry |     |    |    |
| 5. Ask patient to sit up and cover herself.   |     |    |    |
| 6. Explain findings   |     |    |    |
| 7. Review Self Breast Exam  |     |    |    |
| 8. Discuss other screening or diagnostic tests, as indicated (mammogram, ultrasound, MRI)   |     |    |    |
| 9. Devise follow-up plan (refer to breast surgeon, return in one month for exam, etc.)  |     |    |    |
| 10 Ask patient if she understands and has any questions.  |     |    |    |
| <i>Interpersonal Skills</i>   |     |    |    |
| 12. Greets patient  |     |    |    |
| 13. Gives patient a chance to talk and ask questions  |     |    |    |
| 14. Responds to nonverbal cues  |     |    |    |
| 15. Makes eye contact   |     |    |    |
| 16. Listens to what patient has to say  |     |    |    |

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|----------------------|--|--|--|
| 17. Displays empathy |  |  |  |
|                      |  |  |  |

Comments \_\_\_\_\_

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Signature of Preceptor \_\_\_\_\_

|                               |  |  |  |  |  |
|-------------------------------|--|--|--|--|--|
| 1. Signature of Student _____ |  |  |  |  |  |
| _____                         |  |  |  |  |  |