

Observed Breast Examination

Student _____ Date _____
 Preceptor _____ Site _____

INTRODUCTION AND PREP

	Yes	No	N/A
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	N/A
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 patient's arms at her side, palpate axilla bilaterally, feeling for lymph nodes.			
4. Have patient lie down with arms above head; palpate each breast in either "lawnmower" fashion, concentric rings, or spokes of the wheel, using circular motion. Squeeze nipples to detect any discharge. Examine skin for any overlying skin changes.			
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 if applicable (refer to breast surgeon, return in one month for exam, etc.)			
10. Ask patient if she understands and has any questions.			

Interpersonal Skills

	Yes	No	N/A
1. Greets patient			
2. Gives patient a chance to talk and ask questions			
3. Responds to nonverbal cues			
4. Makes eye contact			
5. Listens to what patient has to say			
6. Displays empathy			

Comments _____

Signature of Preceptor _____
 Signature of Student _____