

Observed Breast Examination

Student _____ Date _____

Preceptor _____ Site _____

BEFORE the Exam

	Yes	No	NA
1. Adequately explain reasons for and procedure of the breast exam either before or during the exam			
2. Maintain patient's individual need for privacy and comfort. Step out of the room to let patient undress in privacy, supply gown.			
3. 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			
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.			
Interpersonal Skills			
12. (To be done at the beginning of procedure) Acknowledge patient, Introduces self, tells patient Duration of procedure, Explains procedure, Thanks patient (AIDET)			
13. Listens adequately and communicates effectively in a routine clinical setting			
14. Gives patient a chance to talk and ask questions			
15 Demonstrates sensitivity and responsiveness to patient			

Comments _____

Signature of Preceptor _____

1. Signature of Student _____					
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