Core Competencies of Clinical Breast Examination

**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)**
  - Mid-axillary line
  - Supravacular
  - Sternal border
  - Inframammary Ridge
  - Clavicle

**PALPATION**
- Pads of three middle fingers
- Dime size circles
- Slide or walk between palpations without lifting fingers

**PRESSURE**
- **Light**
- **Medium**
- **Deep**

**PLAN OF ACTION & PATIENT ED**
- Determine next steps for abnormal results
- Stress importance of adherence to f/u
- Emphasize rescreening
- Impart cultural sensitivity
- Discuss/teach BSE

**DOCUMENTATION**
- Discreet Mass
  - Location
  - Size
  - Shape
  - Margins
  - Mobility
  - Consistency
  - Tenderness

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