

**BREAST EXAMINATION**  
**Checklist**

	<b>Need to Practice</b>	<b>Feel Comfortable</b>
<p><b>A. Lymph node exam.</b> (Patient seated with gown in place.) Use index and middle fingers. Press firmly and move the skin over the underlying tissue in a rotary motion. Note any tenderness or enlargement.</p>		
<p>1. Palpate the cervical lymph nodes bilaterally</p>		
<p>2. Palpate axillary nodes: Place patient's ipsilateral arm on your shoulder. With fingers of opposite hand, reach as high as possible towards the apex of the axilla. Bring your hand down the axilla palpating anteriorly along the edge of the pectoralis, and posteriorly along the latissimus (forming a triangle, with the apex at the top). One or two soft, small (&lt;1 cm) nodes may be felt, especially in thin patients.</p> <p>Repeat for the other axilla.</p>		
<p>3. Step around behind patient and palpate for supraclavicular nodes.</p>		
<p><b>B. Inspection</b> (with patient sitting). Ask patient to disrobe.</p>		
<p>4. Inspect breasts from front and sides. Note size, symmetry, shape, contour, skin, or scars</p>		
<p>5. Inspect breasts after asking patient to raise both arms over head.</p>		
<p>6. Inspect breasts after asking patient to place both hands on waist and press elbows forward</p>		

**BREAST EXAMINATION  
Checklist**

	<b>Need to Practice</b>	<b>Feel Comfortable</b>
7. Inspect breasts after asking patient to lean forward with arms extended in front.		
<b>C. Palpation</b> (using proper draping technique, patient in sitting position).		
8. Bimanual palpation: Place one hand above, and one hand below the patient's right breast. Gently compress the breast tissue between the pads of your fingertips. Note consistency, nodules, masses, or tenderness. Repeat for left breast.		
9. Ask patient to lie back on exam table. (Pull out foot rest.) Ask patient to place right arm behind head. Stand on patient's right.		
10. Palpating right breast: Uncover the right breast. Using palmar surface of first three fingers (and a rotary motion) compress the breast tissue gently against the chest wall. Examine the breast in a radial pattern or a spiral pattern. Note tissue consistency and elasticity, induration, tenderness, nodules, or masses.		
11. Palpate axillary tail.		
12. Palpate right nipple. Note elasticity, discharge, retraction, flattening, inversion, areolar, edema.		
13. Gently express nipple using thumb and forefinger. Note any discharge. (this is not part of a routine breast exam, but is used to assess patients with breast discharge).		
14. Repeat examination on left breast (may be on right or left side of exam table)		

**BREAST EXAMINATION  
Checklist**

	<b>Need to Practice</b>	<b>Feel Comfortable</b>
<b>MALE BREAST EXAM</b>		
15. Examiner stands facing patient. (Patient seated on exam table.)		
<b>Inspection</b> 16. Visually inspect both breasts, nipples and areolae. Note swelling, ulceration, discharge.		
<b>Palpation</b> 17. Palpate the areolae and breast tissue of the right and left breast. Note nodules.		
18. Lymph node examination. See female breast exam 1 thru 3.		

12/6/05