



# Basic OB/GYN Exam: Breast

FLAME LECTURE: 7

BURNS/BOTELHO 8.13.15

# Learning Objectives



- ▶ To understand how to perform accurate breast examinations in a sensitive manner
- ▶ Describe normal female anatomy across the life span, and the appearance of common breast changes and disorders.
- ▶ Communicate the findings of the examination in well-organized written and oral reports
- ▶ Communicate the findings of the examination with the patient, as appropriate
- ▶ Prerequisites: NONE
- ▶ See also – for closely related topics
  - ▶ FLAME LECTURE 184: Evaluation of a Breast Mass
  - ▶ FLAME LECTURE 185: Evaluation of Nipple Discharge
  - ▶ FLAME LECTURE 186: Evaluation of Mastalgia
  - ▶ FLAME LECTURE 187: Breast Cancer

# General Approach



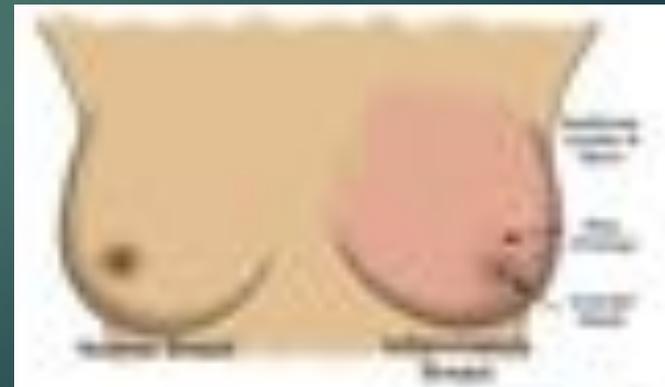
- ▶ Remember to always wash hands upon entering the room
- ▶ Drape the patient appropriately and cover areas not immediately being examined
- ▶ While performing the exam, consider asking the patient whether she checks her breasts regularly at home. If so, the timing of when she does this. Asking this during the exam is one way to reduce awkwardness.

# Clinical Breast Exam (CBE)

## Visual Exam:

Perform visual inspection with patient sitting or standing

- ▶ Raise arms overhead
  - ▶ Hands on hips and squeeze (pectoral contraction)
  - ▶ Lean forward
- Look for:
    - Size, Symmetry, Shape
    - Skin changes (Peau d'Orange, erythema)
    - Nipple discharge or inversion
    - Dimpling / retractions

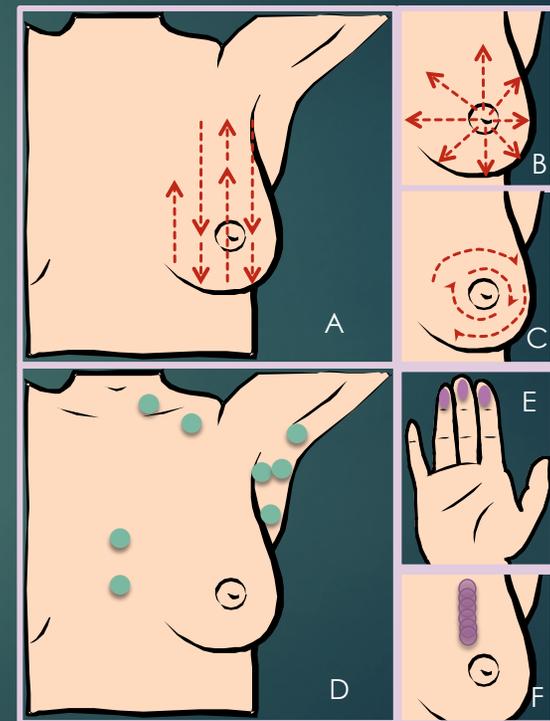


# Clinical Breast Exam (CBE)

## Palpation pattern

Patient lying supine with elbow bent and hand behind head

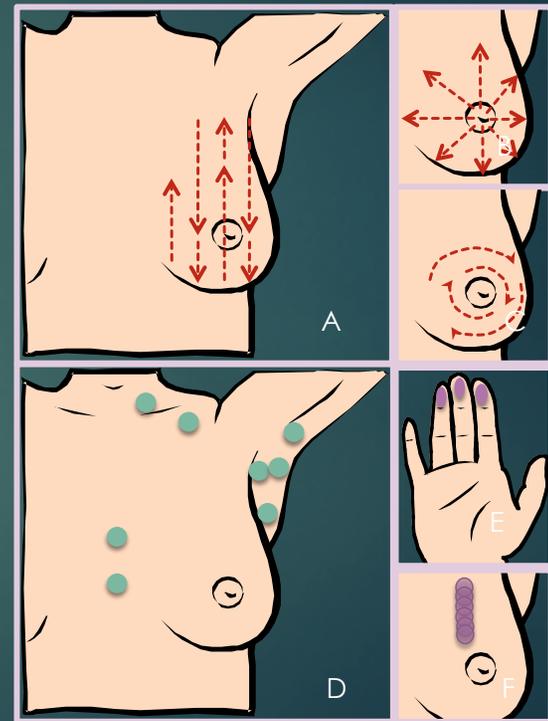
- Lawnmower<sup>A</sup>
- Wheel spokes<sup>B</sup>
- Concentric circles<sup>C</sup>
- Use pads of 3 middle fingers<sup>E</sup>, pressing in dime-sized, overlapping circles<sup>F</sup>



# Clinical Breast Exam (CBE)

## Lymph node examination<sup>D</sup>

- Clavicular nodes
- Axillary nodes (best palpated with shoulder relaxed):
  - Deep at apex
  - Medially along pectoralis muscle
  - Laterally along subscapularis
  - Under humeral head



# IMPORTANT LINKS

- ▶ APGO Clinical Skills - Breast Exam [https://  
www.apgo.org/elearn/clinical\\_skills\\_curriculum/  
docs/CSC\\_Breast.pdf](https://www.apgo.org/elearn/clinical_skills_curriculum/docs/CSC_Breast.pdf)