**King Saud University**

**Collage of Nursing**

**Medical-surgical Nursing**

1. **Obtain health history:**

**-Chief complains** include breast pain, nipple discharge, rash, lump, masses& other changes

**-Past history**: LMP, Delivery pregnancy, breast feeding, history of breast disease, history of surgery or biopsy

**-Present history**: age, day of menstrual cycle appears symptom, changes in underarm area axilla

- **Family history**: breast cancer, breast disorder

**-Medication**: oral contraceptive pills

**-Nutritional** : high fat diet , caffeine

**-Habits**: Smoking , alcohol

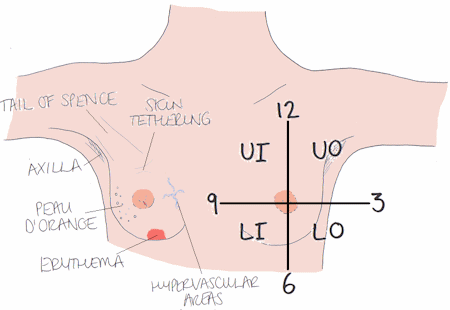
**-Self care behavior and psychological status**

**2- Physical Examination**

* **Equipment needed:**
* Small pillow
* Ruler marked in centimeter
* Pamphlet or teaching aid for breast self examination
* Mirror
* **Prepare Patient**:
* Explain procedure
* Provide privacy
* Room well light
* Make her in comfort position
* Keep both breast uncovered

**Establish landmark and visualize the anatomy to describe clinical finding**

* ***Method I***: Divide the breast into four quadrants by imaginary horizontal and vertical lines intersecting at the nipple. Describe findings according to:- Appropriate quadrant
* -The distance in centimeters from the nipple
* ***Method II***-Think of the breast as a clock with the nipple in the centre. Describe findings according to:-Location according to time - The distance in centimeters from the nipple
* ***Remember: the upper outer quadrant of breast is the site of most breast tumors***



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| **Technique Examination** | **Normal Finding** | **Abnormal Finding** |
| **Inspection of the breast**   * 1- **General appearance**: Symmetry of size and shape   **Positions of patients**  fig_11a | It is common to have a slight asymmetry in size, often the left breast is slightly larger than the right | A sudden increase in the size of one breast signifies inflammation or new growth of tissue |
| 1. **Skin features for:**   Color , texture, vascular network, edema and contour | 1-The skin is smooth and even color  2-A fine blue vascular network is visible normally during pregnancy  3-No edema  4-Contour: no bulging or dimpling | 1-Hyperpigmentation, localized redness and heat with inflammation  2-Unilateral dilated superficial veins in nonpregnant women  3-Edema exaggerates the hair follicles giving a pig-skin or orange-pee look(Peau d “orange)  4-Bulging or dimpling |
| 1. **Inspect Nipple & Areola**  * Location * Size,Color& skin changes * Shape   17019   * Discharge * Compare with other side | -The nipples is located just below the center of the breast  -Nipple and areola are symmetrically placed on the same plane on the two breast  - The nipple is rough round, wrinkled and intended with tiny openings  -Nipples usually protrude, although some are flat and some are inverted  **Normal nipple inversion** may be unilateral or bilateral and usually can be pulled out (not fixed)  The areola is circular and surrounds the nipple for 1-2cm,has small elevated glands, nipple and areola are darker in color than the rest of the breast  No discharge | Deviation of nipple  -Dry scaling , fissure, ulceration  -Recent nipple inversion signifies acquired disease  images-image_popup-w7_nipplechanges  Bleeding or other discharge  Except in pregnancy and lactation  If any discharge appears, note its color, odor and consistency |
| **Inspect breast & Nipple for retraction:**  Instruct client to perform the following maneuvers while you check the breasts for **skin retraction signs**  **10012345**  **85012530** | Both breasts should move up symmetrically  A slight lifting of both breasts will occur  Symmetrical free-forward movement of both breasts | Retraction signs are due to fibrosis in the breast tissue, usually caused by growing neoplasm  Lag in movement of one breast indicates retraction  Dimpling indicates retraction  D:\PBERaise1.jpg  Fixation to chest wall  D:\PBEFlex.jpg |
| **Inspect the axilla region:**   * Bulging * Discoloration * Rash * Edema | Free from bulging, discoloration, rash and Edema | Bulging ,edema indicate cancer |
| **Palpation of Axilla for**   * Central node or axillary nodes   Examin the axilla while the women is sitting, use your right hand to plapate the left axilla and your left hand to palpate the right one  -Ask the client to relax her arm  -Lift the arm and support it yourself ,so that her muscles are loose and relaxed  -Cup your fingers and reach high into the axilla downward and inward to chest wall | Central nodes are palpable one, more soft, small(less than 1 cm)mobile, non tender nodes | Central nodes are enlarged(bigger than 1 cm)firm ,matted together or fixed indicated of cancer breast |
| **Palpate the breast for:**   1. **Consistency, tenderness and mass**   **-**Help the woman to a supine position , place a small pillow under the side to be palpated and raise her arm over her head.  -Use superficial then deep palpation using gentle rotator motion  **D:\breast-disorders-fig2_large.jpg**  **Palpation technique of breast:**   1. Parallel line 2. Spokes on a wheel 3. Concentric circle 4. Clock pattern   17021  **Remember :**   1. **Any pattern of palpation you choose , make sure examine every square inch of the breast** 2. **Move in clockwise direction** 3. **Don’t forget to palpate the tail of Spence**   **Palpate Nipple for:**   * Thickness * Elasticity * Discharge   **By using gently squeezing the nipple between your thumb and index**  **For the women with pendulous breast palpate using bimanual technique:**   * Position the client in sitting & leaning forward * Support the inferior part of the breast with one hand * Use your other hand to palpate the breast tissue against your supporting hand   **D:\PBEPalp3.jpg** | The non pregnant female breast is normally firm, smooth and elastic  -From midcycle up to menstruation the breast is slightly enlarged , tender to palpation with generalized nodularity  -During the 3-4 days before mendtruration the breast feel full, tight, heavy and occasionally sore  -On days of the menstrual cycle the breast volume is smallest(this is the best time to perform breast examination)  images-image_popup-w7_selfexampatterns | Signs of inflammation(heat, redness, swelling and tenderness)  -If Mass is present must assess the following items:   * Location * Size * Shape * Consistency * Mobility * Number * Tenderness |

**Quick Quiz**

**True and False**:

1. Palpate pendulous breast by using one hand technique:

a-True

b-False

1. Central nodes are palpable one, more soft, small(less than 1 cm)mobile, non tender nodes is considered abnormal:

a-True

b-False

1. Tail of Spence is located at upper inner quadrant:

a-True

b-False

1. The Most common cancer site on upper inner quadrant breast:

a-True

b-False

1. Lag in movement of one breast ,dimpling and fixation on chest wall are signs of retraction

a-True

b-False

1. From 4-7 days of menstruation is the best time for breast examination :

a-True

b-False