



SNS COLLEGE OF NURSING
Saravanam Patti (po), Coimbatore.



DEPARTMENT OF NURSING

COURSE NAME : B.Sc. (Nursing) III Year.

SUBJECT : MEDICAL SURGICAL NURSING II

UNIT : IV-FEMALE REPRODUCTIVE SYSTEM DISORDERS

AND ITS MANAGEMENT

TOPIC : BREAST SELF EXAMINATION



Breast self examination



Introduction

- A breast self examination is a technique which allows an individual to examine his/her breast tissue for any physical or visual changes.
- It is often used as an early detection method for breast cancer.
- Both men and women should perform a BSE at least once each month beginning at age 20.



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- A breast self-exam is a way anyone can check own breasts for any changes such as lumps or thickenings that could be symptomatic of breast cancer.
- This process includes looking and feeling each breast, and reporting anything unusual to the doctor.

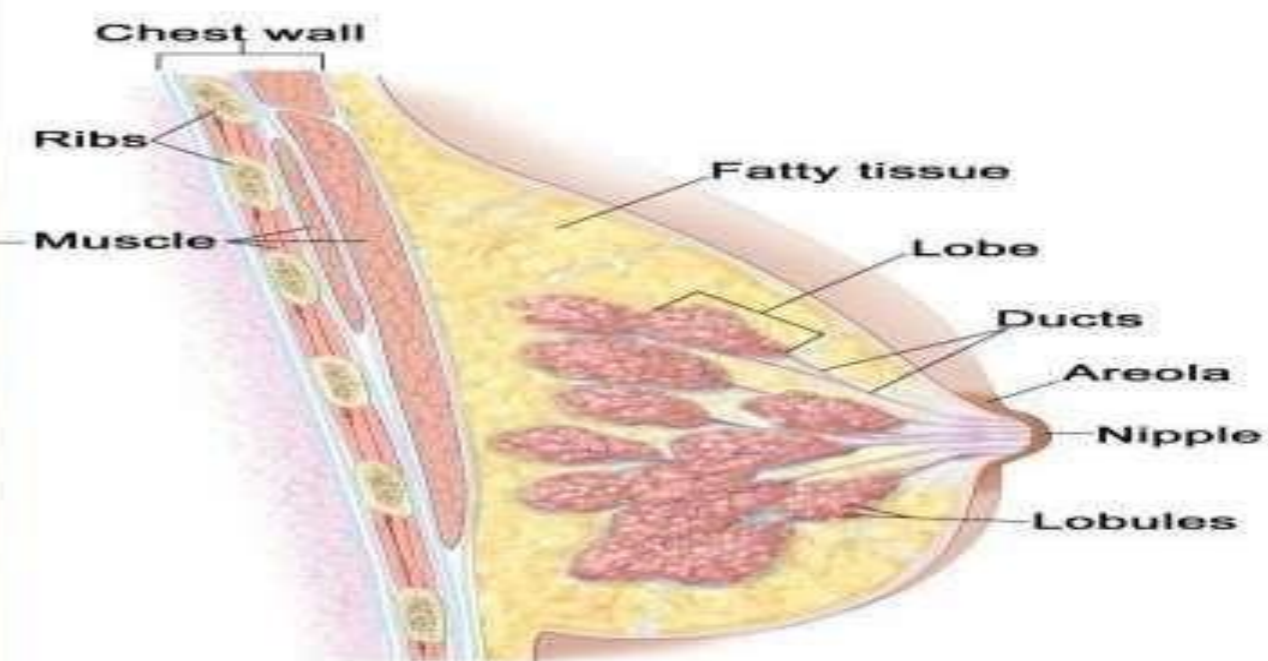
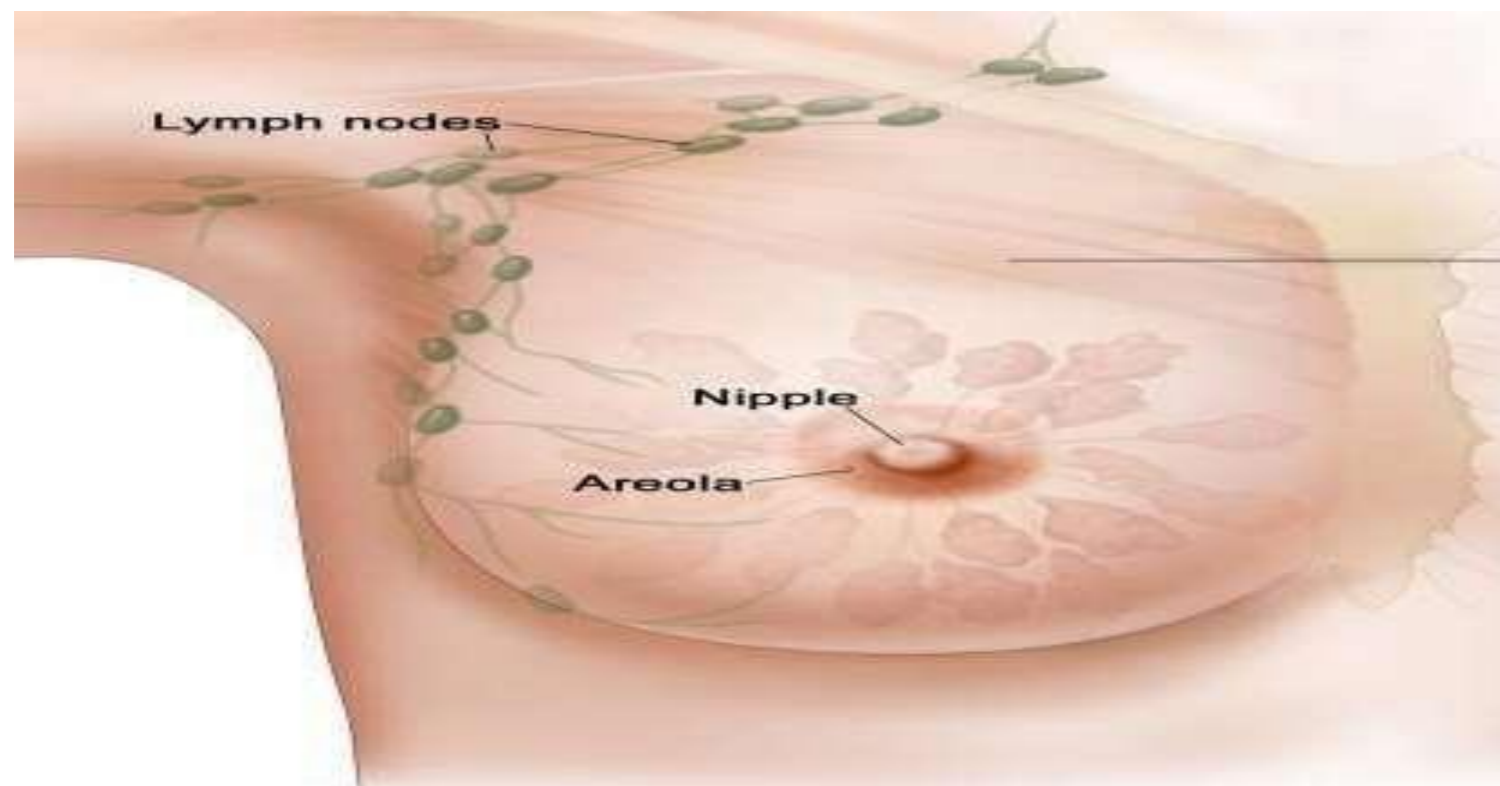


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- When breast cancer is detected in its early stages, chances of surviving the disease are greatly improved.
- In fact, women who perform regular breast self exam find 90% of all breast masses.

Definition

- A procedure in which women examine her breasts and their accessory structure for evidence of change that could indicate a benign or malignant process.



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Purposes

- To find any changes that may occur
- To detect breast lumps.
- To improve quality of life.
- To cost benefit.





Timing of BSE

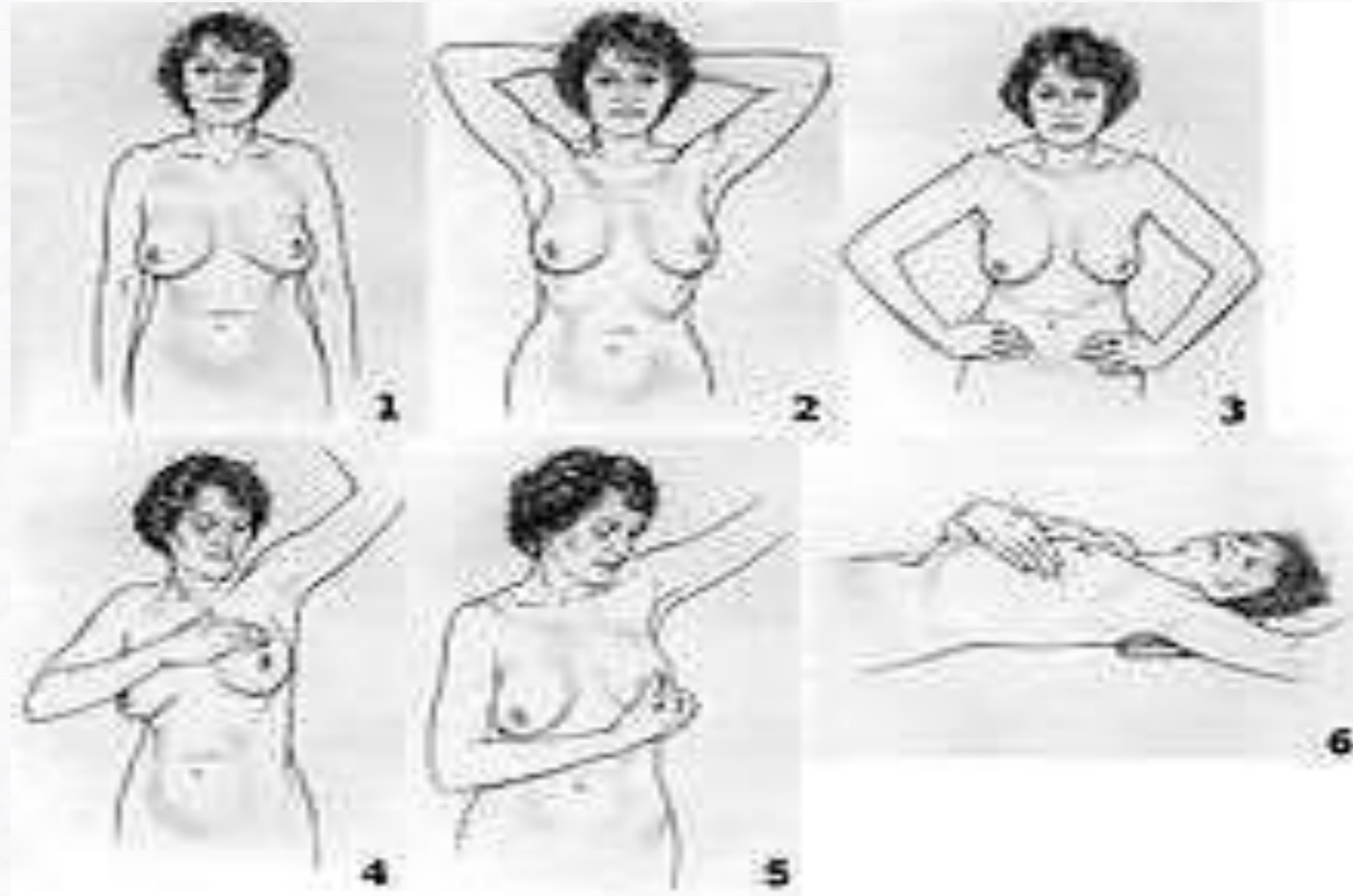
- Beginning at the age of 20 years or after onset of menarche.
- The BSE is usually performed within 7-10 days after the first day of the menstrual cycle, when the breasts are smallest and cyclic nodularity is least apparent.



Contd...

- If her periods aren't regular, a BSE should be done on the same day every month.
- BSE should be regularly performed by every woman such as pregnant, breast feeding and menopausal woman, or have breast implants.

METHOD






- **This pictorial example of breast self-examination in six steps. . .**
- Steps 1-3 involve inspection of the breast with the arms hanging next to the body, behind the head and in the side.
- Step 4 is palpation of the breast.
- Step 5 is palpation of the nipple.
- Step 6 is palpation of the breast while lying down.



TYPES OF PALPATION

- **Circular movements**
- **Linear method**
- **Wedge method**




**Breast self-exam:
Manual inspection
(reclining)**


With fingertips close together, gently probe each breast in one of these three patterns



ADAM.

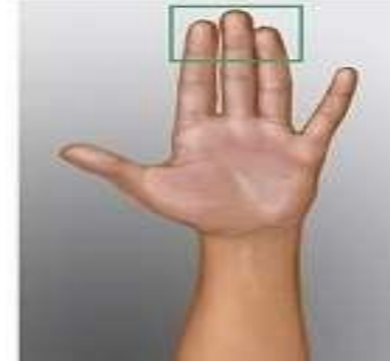


With fingertips close together, gently probe each breast in one of these three patterns



ADAM.

Hand movements



- Use the pads of three middle fingers to examine every inch of breast tissue.
- Move fingers in small circular and regular movement to cover the entire breast, part by part.
- Donot lift the fingers from breast between palpations.



Contd...

- Use powder, lotion or soap to help fingers glide from one spot to the next.
- If any difficulty using or feeling with the finger pads of one of both hands, try using the thumb, the palm of hand.



2. Palpation perimeter

- The examination area is bound by the line which extends down from the middle of the armpit to just beneath the breast, continues across the underside of the breast to the middle of the breast bone, then moves up and along the collar bone and back to the middle of the armpit.

Contd..

- Most breast cancers occur in the upper outer area of the breast.



4. Pressure level

- For each small circle, change the amount of pressure, so one can feel the different levels of breast tissue.
- Light pressure to feel the tissue closest to the skin.





Contd..

- Make each small circle three times: once light, once medium and once deep-before moving on the next area.
- Firm pressure to feel the tissue closet to the chest and ribs.



5. Breast palpation

- Be sure to palpate carefully beneath the nipple.
- Women who have had any breast surgery should still examine the entire area and the scar.
- Any scar should also be carefully examined from end to end.



Contd...

a. Wedge method

- Start in the armpit, proceed downward to the lower boundary.
- Move a fingers width toward the middle and continues palpating at upward until to the collarbone.

Contd..

- Repeat until all the breast tissue are covered. Make atleast 6 strokes before the nipple and 4 strokes after the nipple.
- One may need between 10 and 16 stroked to cover all the breast tissue.



Contd...

b. Circular form

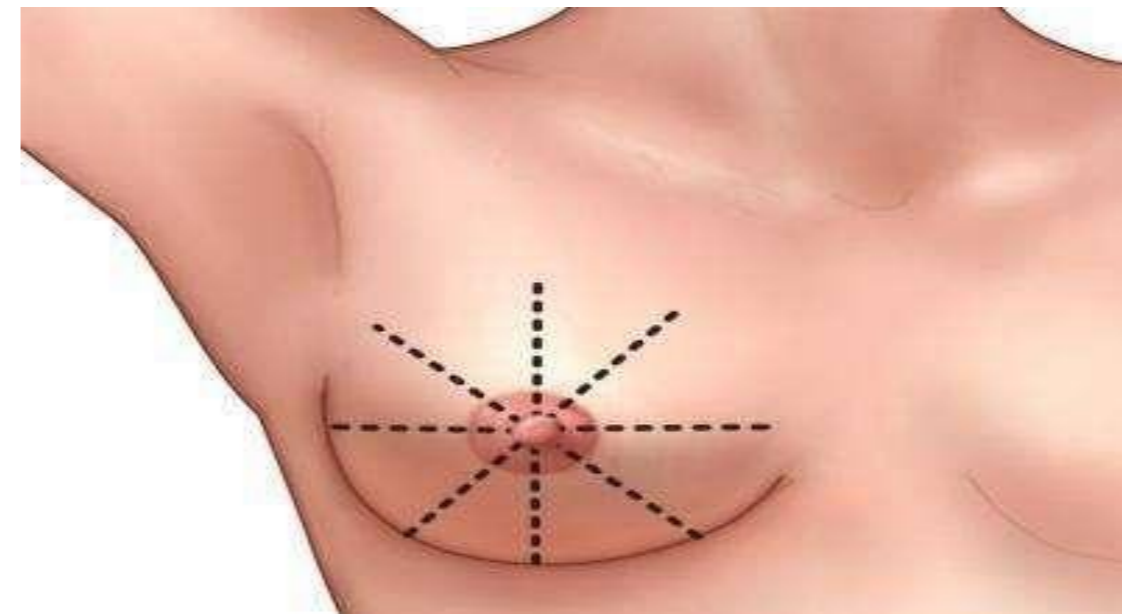
- Think of the breast as a force on a clock,
- Start at 12'o clock and move toward 10'clock in small circular motions.
- Continue around the entire circle until reach 12 o'clock again.
- Keep fingers flat and in constant contact with breast.



Contd...

c. Breast palpation in triangle pattern.

- Palpation is begun at the medial portion of the chest wall below the clavicle and progresses down and up in a vertical strips pattern.





Contd...

- The examiner should slide from palpation position to examiner should slide from palpation position to position rather than lifting his or her hand.

5. Check for nipple discharge on nipple

- Squeeze nipples to check for discharge.
- Many women have a normal discharge.
- Nipple discharge can also be a sign of breast problem.
- Look for discharge in bra or clothing.
- Report any discharge to physician.





6. Breast abnormalities

- Lumps, bumps or thickening: feel for a lump, bump or thickening that has not been there before.
- Pain (only when it is a new and persistent pain report o doctor)
- Change in skin colour or texture
 - i. Peau d'orange
 - ii. Redness/ eczema



Indications of BSE

1. Complaints of breast pain
2. Skin changes
3. Nipple discharge
4. Lumps
5. Gross changes in size or shape
6. Breast lump developing during pregnancy or lactation



Precautions for BSE

- When examining the breast, some general tips to keep in mind include:

1. Use the pads of fingers:

- Use of the pads, not the very tips of three middle fingers for exam.
- If any difficulty feeling with finger pads, use another part of hand that is more sensitive, such as palm or the backs of the fingers.



2. Use different pressure levels:

- The goal is to feel different depths of breast by using different levels of pressure to feel all the breast tissue.
- Use light pressure to feel the tissue closest to the skin, medium pressure to feel a little deeper, and firm pressure to feel the tissue closest to the chest and ribs.



Contd...

- Be sure to use each pressure level before moving onto the next spot.
- If not sure how hard to press, talk with doctor or nurse.



3. Take time:

- Donot rush.
- It may take several minutes to carefully examine breasts.



4. Follow a pattern:

- Use a methodical technique to ensure the examination of entire breast.
- For instance, imagine the face of a clock over the breast.
- Begin near collarbone and examine that section, moving finger toward nipple.



Contraindications

- If a woman is excessively anxious about the breast examination.
- Prior history of venous thrombosis.



Advantages:

1. Women can use BSE to assess their breasts.
2. When they perform BSE properly and regularly, they can notice any changes in their breasts and seek further evaluation.
3. Reduces the risk of breast cancer by early detection and treatment.



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4. Allows women to know the health of their breasts.
5. Provides each woman knowledge of what their own breast tissue feels like.



Contd...

6. Is a non invasive, simple procedure.
7. Can detect breast cancer at an earlier stage than if a woman does not perform BSE.
8. Awareness of breast anatomy.



Disadvantages

1. Fear and anxiety about what may be found during the exam.
2. False-positive (False alarm) finding, which is a result that indicates that a condition is present (i.e. breast lump or possible cancer) when it is not (i.e. non-cancerous breast tissue)



Role of Nurse in BSE

- Assessing a patient's compliance of performing self-breast examinations should entail not only if she merely does the examination, but when she is doing them and how she is doing them.



Contd...

- As the primary nurse, if we are not educated on proper techniques of a self-breast examination, it is our responsibility to provide a resource to the patient that can properly demonstrate this.



Contd..

- Women should be educated on the proper way to do a self-breast examination.
- Women should be told about the ideal time of month to perform examination. This will allow women to know what is normal breast tissue and what is abnormal to aide in early detection of breast cancer.



ASSESSMENT

1. Define breast self examination
2. Explain the indication of breast self examination
3. Explain the advantages and disadvantages of breast self examination
4. Explain the techniques involved in breast self examination



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Thank you

