

## ALGORITHM

### “Clinical Breasts Examination”

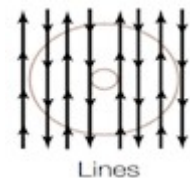
1. **Introduction:** introduce yourself, confirm the patient’s details (name, date of birth), explain the procedure, and ask permission to perform it.

2. **Inspection** of the breasts, nipples, areola, and axillae:

Inspect the breast in sitting or standing position with arm at sides, then raised overhead and pressed on the hips for size, shape, symmetry; skin for color, pigmentation, presence of lesions; areolae for color and shape; axilla for rash and lesions

3. **Palpation of the breast.** Ask woman to take supine position with arm raised overhead and a pillow under the shoulder. Palpate gently in all four quadrants by tips of three fingers (index, middle and innominate) sliding the tips with 1 cm interval choosing one of such methods:

*Vertical strip method:* the breast is breaking into a series of vertical strips, each of which is evaluated sequentially, moving lateral to medial. Start at the clavicle, adjacent to the axilla, move hand down in a vertical line until have reached the area below the breast. Then move a bit more medially, and examine while moving up towards the top of the breast. When reach the clavicle, move medially and repeat until have evaluated the entire breast. There is a "tail" of breast tissue that extends from the lateral aspect of the structure towards the axilla, palpate this region as well.



Lines

*Pie wedge method (Radial Spoke Pattern):* Imagine that the breast is broken into a series of pie-type slices, with the nipple at the center. Start at the nipple, working outwards toward the periphery of the slice that you're examining. Move hands a few centimeters along each time. When you are clearly no longer over the breast, move to the next slice, palpate the "tail" of the breast as described above.



Wedge

*Concentric circles method:* Start from the nipple, move in circular spiral clockwise concentric fashion towards the periphery, palpate the "tail" of the breast as described in above.



Circles

for evaluation of tissue’s consistency and presents of mass (site (location of the lump as a position on a clock face), size, shape, surface/overlying skin, tenderness, consistency, appearance of patient, mobility and attachment).

4. **Palpation of the nipples and areola.** Squeeze the nipple gently between thumb and index finger to check for discharge

5. **Palpation** of the axillar, subclavicular, supraclavicular, pectoral, parasternal subscapular area for lymph nodes, masses, tenderness.
6. **Explain** result of examination to the patient
7. **Fill** in the case history.
8. **Interpret** obtained results.