

**HAWLER MEDICAL UNIVERSITY
COLLEGE OF NURSING
LABORATORY AND CLINICAL EDUCATION**

Procedure Evaluation Document (PED)

PROCEDURE: Clinical Breast Examination		Code	M-15
No.	Skill steps	Not achieved	Achieved
1	Prepared procedure equipment: <input type="checkbox"/> Client medical record <input type="checkbox"/> Clean gloves or(special gloves for breast examination if available) <input type="checkbox"/> Hand rub gel		
2	Identified the client using two identifiers.		
3	Performed greeting, introduction and permission procedure (G.I.P).		
4	Provided privacy.		
5	Explained the procedure to the client and answered any questions.		
6	Performed hand hygiene using correct technique.		
7	Put on gloves.		
8	Asked the woman to undress from her waist up.		
9	Asked the women to sit on the examining table with her arms at her sides.		
10	Looked at both breasts and noted any differences in: <input type="checkbox"/> shape <input type="checkbox"/> size <input type="checkbox"/> nipple or skin puckering <input type="checkbox"/> dimpling		
11	Asked the women to raise her arms with hands over the head.		
12	Checked to see if the breasts hang evenly.		
13	Asked the women to put her hands on her hips.		
14	Checked to see if the breasts hang evenly.		
15	Asked the women to lie down on the examining table.		
16	Looked at the left breast and noted any differences from the right breast.		
17	Palpated the left breast using the spiral technique looking for any lumps or tenderness.		
18	Palpated the right breast using the spiral technique looking for any lumps or tenderness.		
19	Examined left axilla for any enlarged lymph nodes.		
20	Examined right axilla for any enlarged lymph nodes.		
21	Squeezed both nipples gently and noted any discharge.		
22	Showed the woman how to perform breast self-examination.		
23	Asked the women to get dressed.		
24	Removed gloves.		
25	Performed hand hygiene using correct technique.		
26	Explained any abnormal findings and what needs to be done.		
27	Documented the findings.		
28	Returned equipment to the dedicated area.		
29	Reported abnormal findings to the appropriate health care provider (student reported this action verbally).		



1. Stand in front of a mirror. Examine your breasts with hands at sides, then clasped overhead. Look for changes in size or shape, or nipple changes. Squeeze both nipples between thumb and forefinger to check for discharge. Then press hands on hips and push elbows forward to tighten chest muscles. Look for dimpling, puckering, redness, scaliness or changes in shape, size, texture or skin color.



2. In the shower. BSE is easier when your skin is wet and soapy. In the shower, raise your right arm above your head. Think about the BSE grid as you cover your entire breast area, using the "touch technique" described above. Repeat for left side.



3. Lying down. Lying down helps to flatten the breast, making it easier to examine the breast tissue by pressing it firmly against the chest wall. Place a pillow under right shoulder. Begin at the armpit and make a series of three small circles. Use light, medium and deep pressure. Think about the BSE grid pattern and begin again. Cover your entire breast area. Repeat for left side.

Breast Self-Examination Steps

1. SKILL EVALUATION 60%

Steps	0	1-3	4-6	7-9	10-12	13-14	15-18	19-21	22-24	25-27	28-29	Skill steps achieved	
Points	0	6	12	18	24	30	36	42	48	54	60	Skill points achieved	
Level	F						U	N	S	C	I	Skill level achieved	

2. PROCEDURE ASPECTS EVALUATION 40%

Rationale 10%		Client Focus 10%		Professional Manner 10%		Time 10%		
Failed	5	Failed	5	Failed	5	Failed	+10 5	
Unsatisfactory	6	Unsatisfactory	6	Unsatisfactory	6	Unsatisfactory	+8 6	
Novice	7	Novice	7	Novice	7	Novice	+6 7	
Supervised	8	Supervised	8	Supervised	8	Supervised	+4 8	
Competent	9	Competent	9	Competent	9	Competent	+2 9	
Independent	10	Independent	10	Independent	10	Independent	TA 10	
Notes:							Time allowed (TA)	
							Time achieved	
							Aspects points achieved	

3. COMPLETE PROCEDURE EVALUATION 100%

≤50	51-60	61-70	71-80	81-90	91-100	Total points achieved	
Failed	Unsatisfactory	Novice	Supervised	Competent	Independent	Total level achieved	
Student			Signature				Actual Mark/Out of
Teacher			Signature				
Clinical Area			Date				