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Breast Lump Examination on a Task Model

Practical 05 / Skills laboratory simulation

Aim

Demonstrate a respectful and systematic breast and regional node examination on a task model.

Principle

Location, size, mobility, skin and nipple findings and regional nodes inform the clinical component of breast assessment.

Materials and Requirements

- Breast model, clock-face diagram and clinical record
- Fictional imaging and tissue result cards

Procedure

1. Explain the examination, obtain simulated consent and offer a chaperone. Ask about lump duration, pain, discharge and family history.
2. Explain the examination sequence and simulated exposure. Ask about change with time, nipple symptoms, prior imaging or procedures and relevant family history and maintain privacy.
3. Inspect for symmetry, skin changes and nipple contour in appropriate positions. Describe what is observed.
4. On the model compare contour, skin, nipple position and asymmetry in the prescribed positions. Note dimpling or tethering in a specific region where visible.
5. Use a consistent palpation pattern over the appropriate anatomical boundaries and tail. Record the lump by side, clock position and distance from the nipple.

Continue with step 6 on the next page.

Procedure Continued

Breast Lump Examination on a Task Model

6. Use finger pads and a consistent pattern to cover the designated breast boundaries, including the axillary tail. Mark each finding on the correct side using clock position and distance.
7. Characterise size, shape, consistency, tenderness and relation to surrounding tissue. Assess regional nodes using the model or supplied findings.
8. Record dimensions, shape, consistency, mobility and relation to skin and deeper planes. Review the appropriate regional node areas on the model and document barriers to a complete view.
9. Explain how clinical assessment, age-appropriate imaging and tissue diagnosis when indicated form the next assessment.
10. Present the findings and urgency without assuming a tissue diagnosis. Explain how imaging and possible sampling fit into the supervised assessment and document the result follow-up plan.

Precautions

- Practice intimate examination with models and obtain explicit consent during clinical postings.
- Use neutral wording while a diagnosis is being established.

Observations and Interpretation

Breast Lump Examination on a Task Model

Observations and Record

Item	What to record	What it tells you
Site and measurement	Clock position, distance, size and side	Allows reliable re-examination
Associated findings	Skin, nipple and node changes	Guides differential and urgency
Plan	Investigation and communication	Identifies who will review results

Worked Example

A firm, irregular model lump is at 2 o'clock, 4 cm from the nipple, with reduced mobility. The supplied card reports skin tethering.

Result and Interpretation

The findings require prompt breast assessment. Explain the investigation plan and arrange clinician review of all results.

Viva Questions and Answers

What is triple assessment?

Clinical assessment, appropriate imaging and tissue assessment when indicated.

Why specify distance from the nipple?

It improves localisation for repeat assessment and imaging correlation.

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