

## Breast and Axilla Examination Checklist

Instructions: *Italicized information indicates what the student should be verbalizing.*

	Performed	Verbalized
<b><i>Washes hands FIRST and dons appropriate personal protective equipment.</i></b>	Y / N	
<b><i>Introduces self to patient using first and last name, including role.</i></b>		Y / N
<b>Notes general appearance and vital signs.</b>		Y / N
<b>Positions table appropriately (table should be flat).</b>	Y / N	
<b>Inspection</b>		
<b>FEMALE</b> ( <i>Compare both breasts Patient is seated with arms at sides.</i> )		
1. Note any redness or color changes, any thickening or enlarged pores	Y / N	Y / N
2. Note size, symmetry, contours, and any retraction or dimpling	Y / N	Y / N
3. Note nipples: size, shape, direction, any rashes, ulcers, discharge, or inversion	Y / N	Y / N
Patient's arms above head: Repeat inspection steps 1–3	Y / N	Y / N
Patient's hands pressed against hips: Repeat inspection steps 1–3	Y / N	Y / N
Patient leans forward: Repeat steps 1–3 <i>Use this method for large/pendulous breasts.</i>	Y / N	Y / N
<b>MALE</b>		
Patient is seated with arms at sides.	Y / N	Y / N
Note nodules, swelling, ulcerations, or gynecomastia, redness, color changes, skin thickening or enlarged pores.	Y / N	Y / N
<b>Palpation</b>		
<b>FEMALE</b>		
Patient is supine with ipsilateral hand behind head.	Y / N	Y / N
1. Palpate for consistency, tenderness, or nodules <i>Using a systematic approach, in the 4 quadrants and tail of breast; wedge, circular, vertical or horizontal strip pattern], palpate in small, concentric circles with 2nd, 3rd, and 4th finger pads to completely palpate the breast.</i>	Y / N	Y / N
2. Palpate nipple <i>Gently palpate the nipple to check for elasticity and any nipple discharge.</i>	Y / N	Y / N

	Performed	Verbalized
<b>MALE</b>		
Patient is seated or supine.	Y / N	Y / N
1. Palpate areola and breast tissue for nodules	Y / N	Y / N
1. Palpate to distinguish glandular enlargement from soft fatty enlargement of obesity <i>This is a special test for enlarged breasts.</i>	Y / N	Y / N
<b>Inspection of Axillae: Both female and male patients.</b>		
Inspect for rash, lesions, masses, or unusual pigmentation	Y / N	Y / N
<b>Palpation of Axillae: Both female and male patients.</b>		
Patient is sitting or supine with arms relaxed by sides.	Y / N	Y / N
Throughout exam, note any enlarged nodes for size, shape, consistency, mobility, and tenderness	Y / N	Y / N
Palpate central lymph nodes <i>Using a slightly cupped hand, place tops of fingers in the apex of the axilla pointing towards the midclavicular, press inwards against chest wall, and slide hand down. Use left hand to examine right axilla, right hand to examine left axilla.</i>	Y / N	Y / N
Palpate the pectoral lymph nodes <i>Grasp the anterior axillary fold between thumb and fingers and palpate inside the border of the pectoral muscle.</i>	Y / N	Y / N
Palpate the lateral lymph nodes <i>Palpate high in axilla and feel along upper humerus.</i>	Y / N	Y / N
Palpate the infraclavicular and supraclavicular lymph nodes <i>Infraclavicular nodes are just below the clavicle bilaterally, supraclavicular just above.</i>	Y / N	Y / N

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