

Breast and Axilla Student Checklist

| Assessment | Knowledge Indicators – verbalizes and demonstrates |
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| Inspect both breasts <ul style="list-style-type: none"> • arms at sides • arms overhead • hands pressed on hips • leaning forward | Notes: <ul style="list-style-type: none"> • Color, condition of skin • Size, symmetry & contour of breasts • Size, shape, direction of nipples /areola • Notes rashes, ulcerations, discharge from nipples • Notes any dimpling or retraction |
| Palpate each breast: <ul style="list-style-type: none"> • Positioning of client • Use a systematic grid pattern (As recommended by the Canadian Cancer Society) | Notes: <ul style="list-style-type: none"> • Consistency of tissue • Tenderness • Describes characteristics of any palpable nodes (location, size, shape, consistency, mobility, tenderness) |
| Palpate both nipples | Notes: <ul style="list-style-type: none"> • Discharge • Elasticity/thickening |
| Palpate both axillae <ul style="list-style-type: none"> • Positioning of client • Use opposite hand to opposite axilla | Names as palpating: <ul style="list-style-type: none"> • Central nodes • Lateral nodes • Subscapular nodes • Pectoral nodes • Describes characteristics of any palpable nodes (location, size, shape, consistency, mobility, tenderness) |