Primary Health Care Initiatives (PHCI) Project
Contract No. 278-C-00-99-00059-00
Abt. Associates Inc.

COMPETENCY GUIDELINE

BREAST EXAMINATION

_____ _____ _____
Name of Trainee Name of Trainer Date

Step	Task	Procedures Observed		
		1	2	3
1.	Explain breast examination procedure, and answer questions			
2.	Ensure privacy, and drape woman appropriately for exam			
3.	Wash hands and dry completely			
4.	Examine breasts visually for: • symmetry • dimpled area • localized skin changes • nipple abnormalities			
5.	Place lotion or jelly on breast if desired to reduce friction			
6.	Palpate each breast, beginning at periphery and working toward center, using small, circular motions: • masses or nodules • irregular thickening • tenderness			
7.	Palpate each axilla: • axillary tail of breast • axillary lymph nodes or masses			
8.	Palpate and examine each nipple: • retraction or other abnormality • scaling or eczema of surface of nipple • discharge on gentle squeezing			
9.	Discuss findings of examination with woman			
10.	Teach woman how to perform Breast Self-Examination (BSE)			