**«Breast Examination»**

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| № | **Steps** | **Algorithm for actions** |
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| 1. | Established contact with the patient (verbal, non-verbal component) | Established initial contact with the patient – greeted, introduced himself; learned the name of the patient; during this set the optimal distance. Explained to the patient the essence of the examination. Received oral consent to perform medical manipulation. |
| 2. | Treated hands with antiseptic and put on disposable gloves for examination. | The student washed his hands, wiped them with a disposable towel. I put on disposable gloves. |
| 3. | Ask for the necessary anamnesis: | The student interviewed the necessary anamnesis: complaints, the first day of the last menstruation, the parity of pregnancy, childbirth. The result of all pregnancies. |
| 4. | Determined the degree of formation of mammary glands | The patient is sitting with her arms hanging loosely along her torso.  Assessed the degree of formation of glands, their symmetry, shape, size, condition of the skin (edema, hyperemia), the presence of skin scars, retractions, bulges, pigmentation, the presence of discharge from the nipple.  To detect the retraction of the skin or nipple, the woman is asked to raise her hands behind her head. When examining the nipple , the doctor notes:  1) changing the position of the nipple;  2) deformation of the areola due to shortening of one of its radii.  With this technique, the doctor will identify some non-palpable tumors |
| 5 | Palpation of the mammary glands | The mammary glands are palpated in the patient's sitting position, the arms hang freely along the trunk.  Palpation is performed with four or three closed pads of the fingers. The thumb does not participate in palpation.  Initially, he conducts a surface-familiarization probing, when the finger pads do not penetrate into the thickness of the gland, which makes it possible to identify small formations located directly under the skin. Then conducts a deep probing, when the pads of the fingers gradually reach the ribs sequentially. Palpation should be performed from the clavicle to the lower edge of the ribs and from the sternum to the axillary line, including the axillary area, where enlarged lymph nodes can be detected. |
| 6 | Palpation of the mammary gland by the method of squares.  Palpation of the mammary gland by the spiral method. | **Breast palpation by the method of squares:** starting from the nipple to the periphery in the following sequence:  a) external - upper quadrant  b) external - lower quadrant  c) internal - lower quadrant  d) internal - upper quadrant  **Breast palpation by spiral:** breast palpation is carried out in a spiral in the form of concentrically converging circles, starting from the armpit and to the nipple. The pads of the fingers make circular movements, moving in the direction of the nipple. |
| 7 | Relieve emotional tension | Demonstrated the skill of relieving emotional tension, used words of empathic support. |
| 8 | Examine the nipple and the subclavian area. | When examining the nipples, I determined changes in their shape and color, whether they are not drawn in, whether they are wet, whether there are ulcers or cracks. Probed the nipple and the subclavian area, as there may be a tumor under the nipple. In conclusion, he carefully takes the nipple with his thumb and forefinger and presses on it, noting at the same time the nature of the discharge from it or the absence of them. |
| 9 | Palpates axillary lymph nodes | Palpates axillary lymph nodes. This is done simultaneously with feeling the outer quadrants of the mammary glands. Then palpates the supraclavicular lymph nodes (in the supraclavicular pits) and cervical lymph nodes located along the nodding muscles visible from the front of the neck in the form of paired rollers running from the supraclavicular fossa to the mastoid process of the temporal bone on each side. |
| 10. | Dispose of everything that was used and give the final information to the patient. | The student took off his gloves, threw them into a recycling container. The student washed his hands and wiped them with a disposable towel.  Demonstrated the skill of commenting and informing. |