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OSCE STATION – BREAST EXAMINATION

INSTRUCTIONS FOR STUDENT

Mrs Smith (age 49) presents to the outpatients clinic. She states that she has noticed a lump in her right breast.

Please perform a breast examination. (*on a breast model*)

MARK SCHEME FOR EXAMINER

Introduction

- Student introduces him/herself
- Student explains procedure to patient and gains consent
- Student considers need of chaperone
- Student washes hands
- Student ensures patient is in appropriate position for examination and exposes neck, breast, chest wall and arms

Examination – Inspection

- Inspects from front and side (patient is sitting on edge of bed) Make a point of inspecting nipples (inversion, discharge)
- Ask patient to push hands into hips and inspects again
- Asks patients to hold head from behind and inspects again

Examination – Palpation

- Patient lies down (examination couch at 45 degrees) with hand resting behind head
- Palpates all four quadrants, starting with asymptomatic breast (i.e. left side in this case)
- Palpates axillary tail
- Palpates axilla for lymphadenopathy
- Repeats the above for other breast
- Assesses whether there is nipple discharge
- Palpates supraclavicular fossa for lymphadenopathy
- Ask the patient whether they've noticed any nipple discharge and whether they are able to express this – could be sent for MC&S, cytology

Completion

- Thank the patient & cover up patient
- Maintain communication with patient
- Covers patient and asks whether patients needs assistance with getting dressed
- Wash hands

QUESTIONS TO ASK STUDENT

- Q - Please describe the lump you felt.
 - Size and shape, position, attachment, surface, edge, consistency, inflammation etc.
- Q – What changes of the breast and/or nipple are indicative of malignancy?
 - Nipple retraction, puckering, nipple changes, erythema, peau d'orange

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- Q – What additional investigations would you request for this patient?
 - Imaging – mammography, ultrasound
 - +/- cytology, core biopsy