



南方医科大学
Southern Medical University

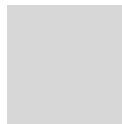
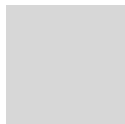
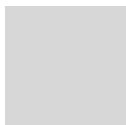


Breast Self-examination

乳房自我检查

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Objective



1

Explain contents of the examination and procedures

2

Perform examination correctly, skillfully and smoothly



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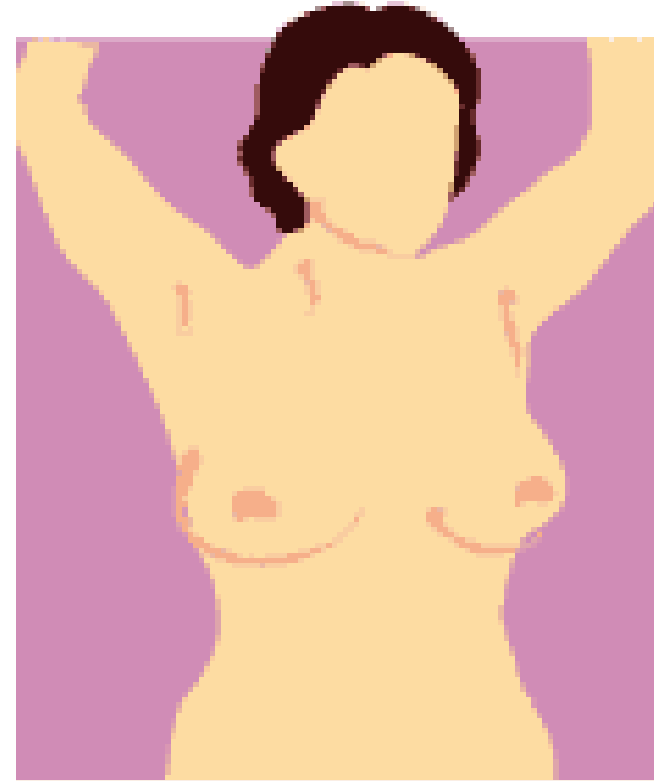
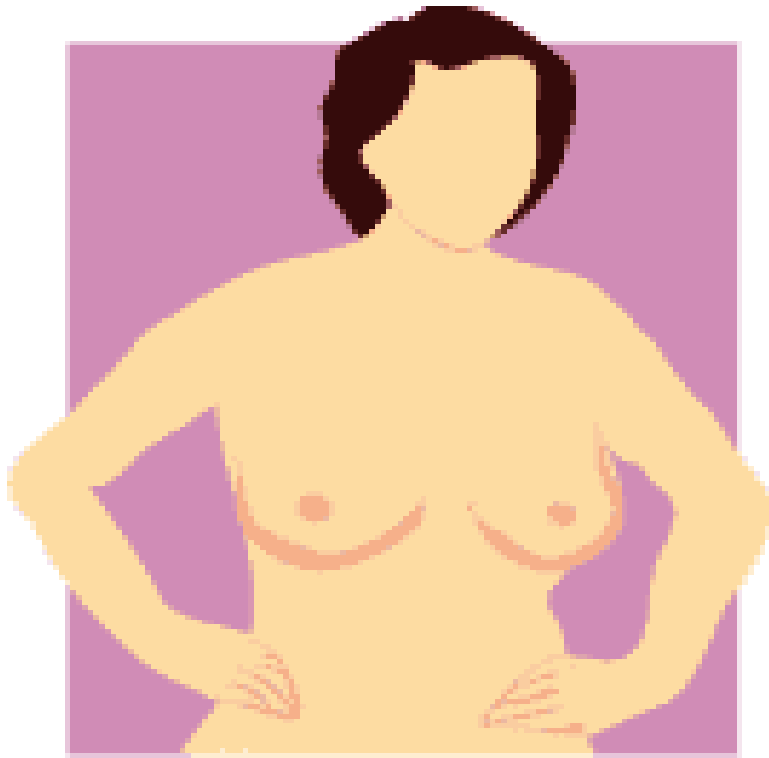
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Inspection



➤ (1) Symmetry 对称性

Basic symmetrical on both sides of the breast in normal women when she is in sitting position.

Asymmetry found in both breasts, such as :

One breast hypoplasia

Congenital malformations

Cysts or tumors

Inflammation

一侧乳房发育不全

先天畸形

囊肿或肿瘤

炎症



**The breast may be redness, swelling, heat, pain,
It's common in the lactating women**



Acute mastitis 急性乳腺炎



Inspection



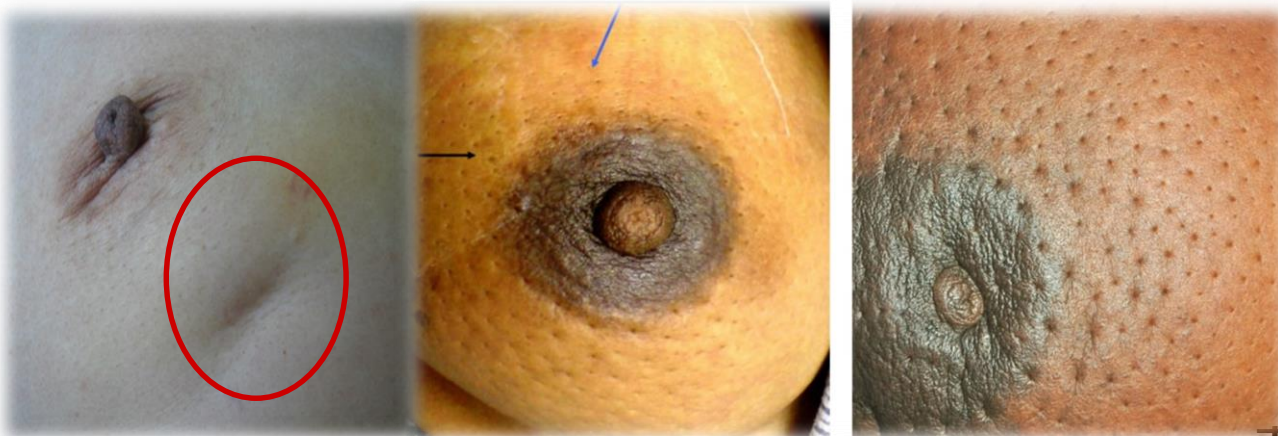
➤ (2) Skin of breast 乳房皮肤

Dimpling or retraction of skin 凹陷或皮肤的回缩

Swelling or discoloration 肿胀或变色

Orange peel effect on skin 皮肤的橘皮样改变

An important sign of breast cancer



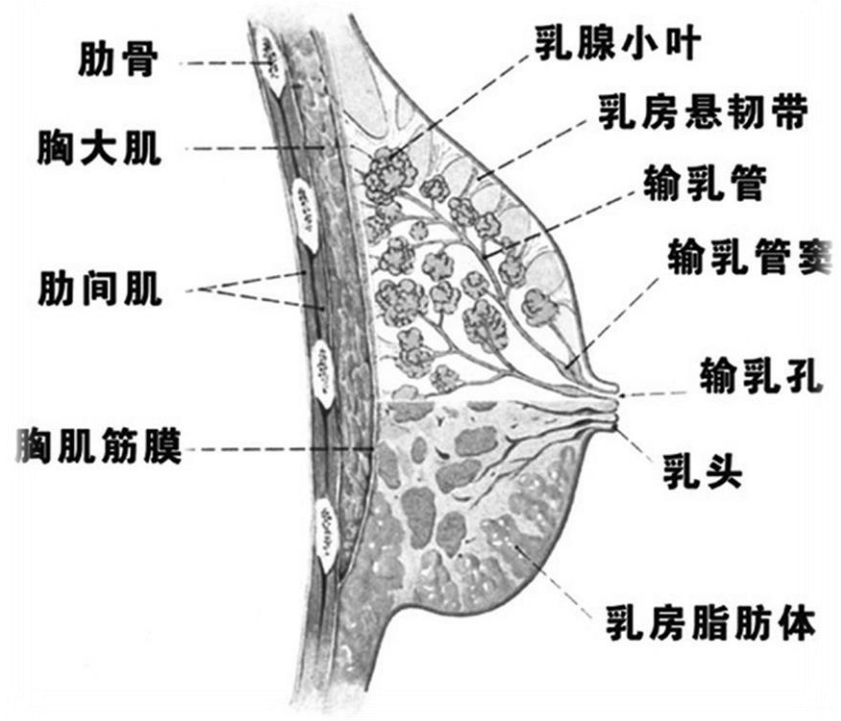


Inspection



➤ (3) nipple 乳头

Inspect the nipple for location, size, symmetry, and if it accompany with retraction and secretion.





Inspection



➤ (4) Lymph nodes in axillary and the hollow above the clavicle 腋窝和锁骨上窝淋巴结

local swelling	局部肿胀
mass	包块
ulcers	溃疡
scars	瘢痕





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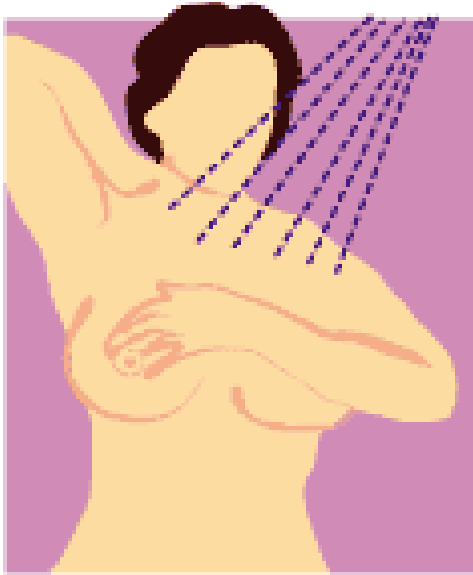
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Palpation



- (1) Press breast tissue against the chest wall in small circular motions.**

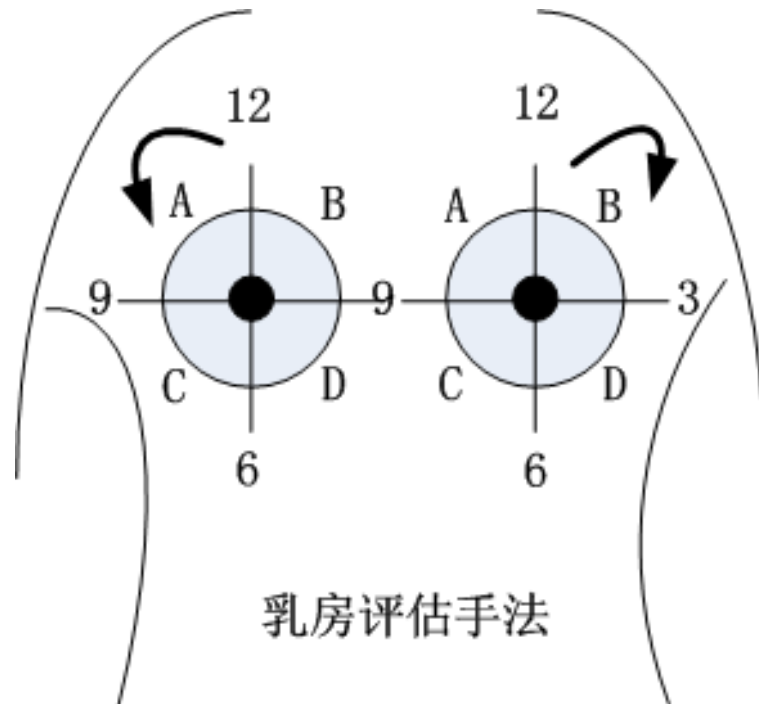
- (2) First check the contralateral, Then check the affected side . If open sores or discharge are visible, wear gloves .**



Palpation



(3) Do the palpation with left breast in a clockwise, right breast in a counterclockwise. Move your fingers inward and examine another concentric circles .Repeat this procedure until you reach the nipple area.

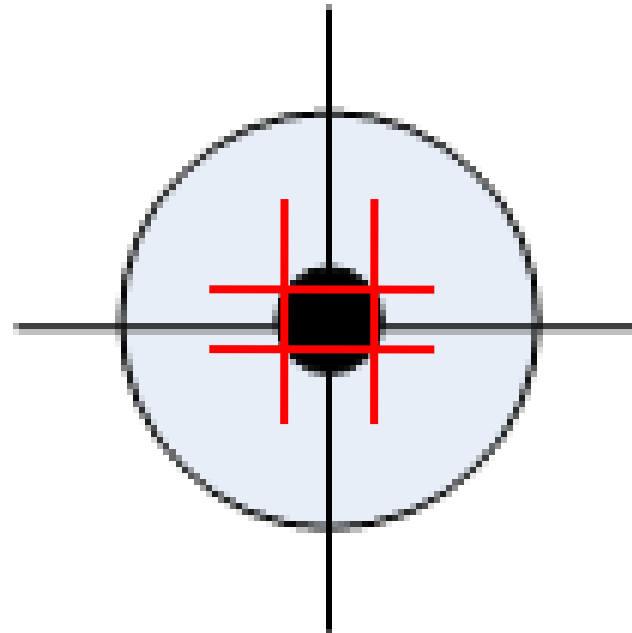




Palpation



(4) Then press the areola in longitudinal(纵向) and transverse (横向) by index and middle finger. And we squeezes the nipple with the thumb and index finger .





Palpation



(5) When we do the palpation, we should feel its consistency and elasticity(质地和弹性) , tenderness(压痛)and masses(包块).

(6) If we palpate a mass or lump, describe its size,shape, symmetry(对称性), mobility(流动性), delimitation(划界), tenderness (压痛) , consistency(一致性), temperature, and degree of redness.



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Precautions



- 1. Age (年龄) : After 18 years of age**
- 2 .The time of examination (检查时间) :**
 - postmenopausal women : a fixed day of each month**
 - premenopausal women: 5-7 days after menstruation**
- 3. Dynamism (力度)**
- 4 .Lymph nodes (淋巴结)**
- 5. physical examination (体格检查) : molybdenum target or ultrasonography**



After-school exercise



The follicles and hair follicle in breast skin decreased, with orange peel-like, no redness, swelling, heat, pain, It's common in ()

- | | |
|-----------------------------|-------|
| A. Acute mastitis | 急性乳腺炎 |
| B. Breast cancer | 乳腺癌 |
| C. Breast cysts | 乳腺囊肿 |
| D. Congenital malformations | 先天性畸形 |
| E. Adenofibroma | 乳腺纤维瘤 |

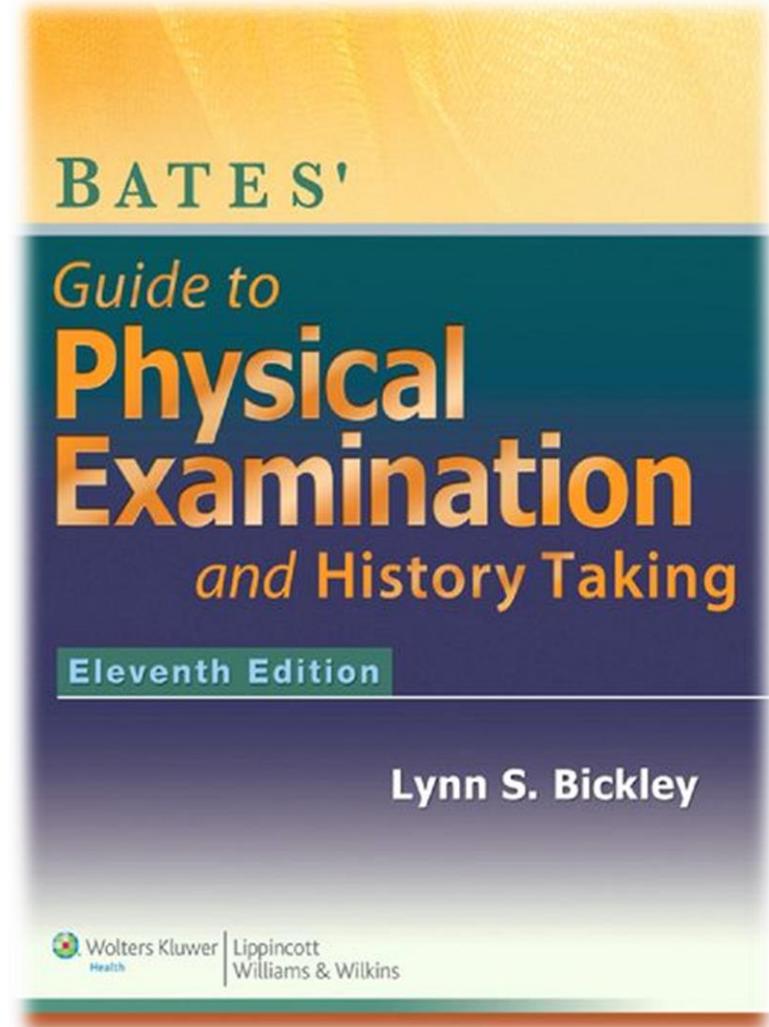


Reference books



**For more information refer to A
Guide to Physical Examination and
History Taking**

**Sixth Edition by Barbara Bates,
published by Lippincott in 1995.**





Thank You!

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