

OSCE Checklist: The Breast Examination

Introduction	
Introduce yourself	
Wash hands	
Explain to the patient what the examination involves	
Position the patient at 45°	
Ensure a chaperone is present during the examination	
Expose the patient adequately	
Inspection	
With the patients hands' by their side: <ul style="list-style-type: none"> - Obvious masses - Scars - Skin changes or ulceration - Asymmetry - Nipple changes or discharge 	
Ask the patient to place their hands behind their head and repeat inspection	
Ask the patient to place both hands on their hips and repeat inspection	
Inspect the axillae	
Palpation	
Ask the patient to place both hands behind their head	
Examine each quadrant of the breast in turn	
Repeat in the other breast	
Palpate for any lymphadenopathy	
Assess for potential metastasis: <ul style="list-style-type: none"> - Palpate the spine - Assess for hepatomegaly - Percuss and auscultate the lungs 	
Completing the Examination	
Thank the patient and allow them to redress	
To complete the examination (if necessary): <ul style="list-style-type: none"> - Mammography and / or ultrasound - Biopsy (core needle or fine needle) 	