NR 23

Assessment of the Breasts

1. Breasts
2. Mammary glands
3. Breasts are located
4. Breast tissue extends from
5. Tail of Spence
6. Nipple
7. Montgomery glands
8. Pigmentation
Inside the breast

- Glandular tissue

- Lactiferous duct

9. Cooper's ligaments

10. Breast changes during the menstrual cycle

  Menstruation day one—is the first day of bleeding

  Midcycle

  4-7 days into menstruation

11. The breast it is divided into four quadrants
12. Lymphatic drainage system

13. Central axillary nodes

   infraclavicular and supraclavicular nodes

14. Pectoral nodes

**Male Breast**

Gynecomastia

**Developmental considerations**

1. Birth

2. Puberty

   Precocious puberty

   Delayed puberty

   Menarche

   Tanner’s sexual maturity rating
3. Pregnancy

   Colstrum

   Venous pattern

4. Lactating female

5. Menopause

6. Benign breast disease

   Fibrocystic breasts

   Fibroadenoma

15. Breast Cancer

   The incidence of breast cancer

   2\textsuperscript{nd} cause of death

   The role of genetics

   BRCA-1 and BRCA-2 genes

   Tamoxifen
Risk factors

No single cause
Family history
BRCA genes
Increased age
Early menarche
Nulliparity or first birth after age 30
Late menopause
Obesity
HRT use
Alcohol use
High fat diet
Jewish-25% risk for BCRA mutations
White
Previous CA
Medications used to suppress lactation

Physical findings

Upper outer quadrant most common, non tender, fixed, hard nodule
with irregular borders
Pain, dimpling, nipple retraction, peau d’orange, at late stages

Diagnostic testing

Mammogram, sonogram but confirmed with biopsy

Treatment

Surgical, mastectomy, reconstructive, radiation, chemotherapy

Nursing considerations

Teaching on breast self exam
Promote positive body image
ACS Guidelines

Following the American Cancer Society’s recommendation for early detection will add a key element to cancer prevention, as early detection and prompt treatment has decreased cancer-related morbidity and mortality.

The recommendations for asymptomatic, average risk people include:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Examinations</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women age 20-39</td>
<td>Clinical breast exam</td>
<td>Every 3 yrs</td>
</tr>
<tr>
<td>Women age 40 and older</td>
<td>Self breast exam</td>
<td>Monthly</td>
</tr>
<tr>
<td></td>
<td>Mammogram plus above</td>
<td>Yearly</td>
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</tbody>
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Cultural considerations

1. Western culture feminine norms breasts are a beauty symbol and desirable size and appearance

2. Implants

3. Body image disturbance

4. Post mastectomy

5. Reconstructive surgery
PHYSICAL ASSESSMENT of the BREAST

Equipment needed:

Assessment:

Subjective history:

1. __________________________________________________________
2. __________________________________________________________
3. __________________________________________________________
4. __________________________________________________________
5. __________________________________________________________
6. __________________________________________________________
7. __________________________________________________________
8. __________________________________________________________
9. __________________________________________________________
10. _________________________________________________________
11. _________________________________________________________

Abnormal Breast Findings

   Dimpling

   Fixation

   Peau d’Orange

   Nipple deviation

   Nipple retraction
**Inspection** - start in sitting position

Breasts

Symmetry

Contour

Skin color

Axillary

Supraclavicular regions

Nipples

Symmetry

Position
  Everted
  Inverted

Supranumerary nipples

**Inspection with position change**

Lift arms over head

Place hands on hips and push palms together

Lean forward for pendulous breasts
**Palpation**

Sitting
   Axilla

Supine
   Breast

   Spokes-on-wheel pattern

   Concentric circles

Nipple

Bimanual technique

Breast lump characteristics
   •
   •
   •
   •
   •

Breast CA masses
**Self Breast Exam Teaching**- should always be included in your plan

Best taught after your exam
Document and encourage adherence to ACS guidelines