

Breast Lump History



OPENING THE CONSULTATION	
1	Introduces themselves
2	Confirms patient details
3	Establishes presenting complaint using open questioning
HISTORY OF PRESENTING COMPLAINT	
4	Site of lump
5	Size of lump
6	Onset of lump
7	Is the lump painful?
8	Relation of the lump to the menstrual cycle?
9	Nipple discharge or bleeding
10	Nipple inversion
11	Skin changes overlying the lump
12	Weight loss
13	Fever
14	Lethargy
15	Pain elsewhere (<i>e.g. spine / bony pain</i>)
16	Lymph node swelling
17	Similar symptoms in the past?
18	Elicits patient's ideas, concerns and expectations
PAST MEDICAL HISTORY	
19	Gynaecological history
20	Breast trauma or disease
21	Malignancy
22	Other medical conditions
23	Past surgical history
DRUG HISTORY	
24	Prescribed medications
25	Over the counter medication
26	ALLERGIES

FAMILY HISTORY	
27	Malignancy (<i>Breast / Bowel / Uterine</i>)
SOCIAL HISTORY	
28	Smoking history / Alcohol intake / Recreational drug use
29	Home situation / Level of functional independence
30	Occupation
SYSTEMIC ENQUIRY	
31	Screens for symptoms in other body systems
CLOSING THE CONSULTATION	
32	Thanks patient
33	Summarises salient points of the history
KEY COMMUNICATION SKILLS	
34	Active listening
35	Summarising
36	Signposting

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