



OSCE Checklist: Breast Examination

Introduction		
1	Wash your hands and don PPE if appropriate	
2	Introduce yourself to the patient including your name and role	
3	Confirm the patient's name and date of birth	
4	Briefly explain what the examination will involve using patient-friendly language	
5	Explain the need for a chaperone and gain consent to proceed with the examination	
6	Position the patient sitting upright on the side of the bed	
7	Adequately expose the patient's breasts	
8	Ask if the patient has any pain before proceeding	
Inspection		
9	Inspect the breasts with the patient's arms by their sides	
10	Inspect the breasts with the patient's hands pushing into their hips	
11	Inspect the breasts with the patient's arms above their head whilst leaning forward	
Breast palpation		
12	Palpate each breast systematically	
13	Palpate each axillary tail	
14	Palpate the nipple-areolar complex	
15	Elevate the breast and inspect for hidden pathology	
Lymph nodes		
16	Palpate the axillary lymph nodes	
17	Palpate the cervical, supraclavicular, infraclavicular and parasternal lymph nodes	
To complete the examination...		
18	Explain to the patient that the examination is now finished	
19	Thank the patient for their time	
20	Dispose of PPE appropriately and wash your hands	
21	Summarise your findings	
22	Suggest further assessments and investigations (e.g. biopsy, mammography, ultrasound)	