Advanced Breast Examination Trainer User Guide

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Standard Breast Examination Trainer

Part No: **40200**

The Breast Examination Trainer provides a realistic platform for acquiring the delicate skills required for Clinical Breast Examination (CBE). Consisting of realistic soft tissue, with the versatility of interchangeable pathologies, it can be used either as a bench top teaching aid, or worn by a simulated patient during student assessment. An ideal product for any undergraduate programme running OSCEs, or healthcare professionals promoting best practice diagnostic skills to trainees and patients. This product has been designed in close collaboration with Mr Peter Donnelly of Torbay Hospital, UK. With the help and advice of staff at the Clinical Skills Resource Centre, University of Liverpool and the Clinical Practice Centre, St James's University Hospital, Leeds.

Skills
- Clinical breast examination techniques (CBE & SBE)
- Professional-to-patient communication
- Identification of anatomical landmarks
- Diagnosis of pathologies

Features
- Soft tissue looks and feels realistic
- Comfortable to wear for long periods of time during OSCEs
- Easy for the user to fit and remove
- Dual purpose product: bench top and hybrid use
- Pathologies supplied:
  - carcinomas: 2cm, 3cm, 5cm
  - cyst
  - fibrocystic disease
  - fibroadenoma
- Pathologies can be placed in various predetermined location points and are easily changeable
- Hard torso available for bench top use
- Latex free

Package supplied
- Wearable Breasts
- Torso
- Pathologies

Parts list

Wearable Breasts

Breast Examination Inserts
Part No: **40205**

Breast Pathologies Supports
Part No: **40206**

Breast Back Plates
Part No: **40207**

Breast Examination Torso
Part No: **40208**

Breast Examination Pathologies
Part No: **40204**

Accessories

Lymph Node Pads
Part No: **40203**

Setting up Pathologies

1

The Breast Examination Trainer is supplied with 5 different types of pathologies: cyst, fibrocystic disease, 3 sizes of carcinoma and a fibroadenoma.

Setting up the Pathologies is best done with the Breasts removed from the Torso/patient actor, and laid reverse-side up, on a suitable surface.

2

Choose which side you want the Pathologies in...

...and remove the Breast Back Plate from that side.

3

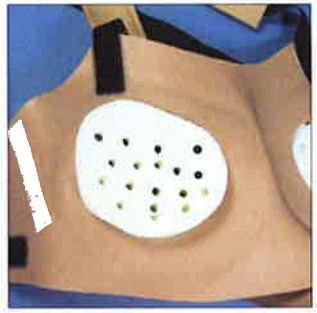
Then remove the foam Breast Pathologies Support.

4

Select the Pathology you want and insert it into the Support.

You may need to rotate the pathology from side to side whilst pushing it into the foam (the material it is made from can stick to the foam if it is only pushed in).

5



Refit the Support.

Make sure the Support is refitted in the correct orientation.

6

Select the Pathology you want and insert it into the Plate.

Pathologies are easier to insert into the rigid Back Plate.

7

Now replace the Back Plate. Make sure the Plate is refitted in the correct orientation.

Replace the Plate by inserting the pointed end into the recess first.

8

Work the lip of the recess around the rest of the back Plate.

The Breasts are now ready to use.

9

The Trainer is now ready to fit onto the Torso or SP (Standardized/Simulated Patient).

Removal & Refitting of the Breast Examination Inserts

1

Due to the nature of the material it is made from, the Breast Examination Insert can sometimes stick to the inner surface of the skin giving it a lumpy appearance. This section explains how to fix this.

With the Breast skin lying face down...

...remove the relevant Back Plate.

2

Remove the foam Support.

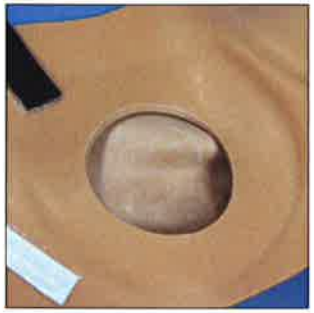
Finally remove the Breast Examination Insert.

3

To stop the Insert from sticking to the inside of the Skin pour a small amount of talcum powder into the recess of the Breast skin.

Wipe it around the inside of the front of the skin using your hand.

4



Make sure the underside edges are also covered with powder.

The recess should be evenly covered with powder.

5

Before refitting the Insert make sure you understand which way round it fits.

Push the insert into the recess.

6

Note that it is very easy for the top corner of the Insert to fold over and not fit back in the recess properly.

Make sure this is flattened. This can be done by gently pushing it back with your fingers. Alternatively the Breast Examination Insert may need rotating slightly to get the top corner in the correct position inside the Skin.

Removal of wearable breasts from the Torso

1

Loosen the top straps on both sides

2

Undo both buckles on one side (right side shown).

Undo the press stud on the back. If the Axilla Pads are attached, undo the velcro straps over the arms.

3

Lift the breasts clear of the torso.

Fitting & Removal of the Axilla Pads

1

The process described in this section applies to both Torso and Simulated Patient.

Start by undoing both clips on the side of the Breasts you intend to fit the Axilla Pad to.

Support the Pad with your hand...

2

...and place it in the axilla.

Hold the axilla pad in position and roll the inner strap over the top of the arm.

3

Hold the strap in place with your thumb.

Bring the outer strap around. Make sure the velcro strips engage.

4

The Pad is now in place.

Now bring the side of the Breasts forward and push the lower part of the pad against the side of the Torso.

5

Bring the side of the Breasts back over the lower part of the Pad.

Reconnect the upper strap on the back of the Breasts.

6

Reconnect the lower strap on the back of the Breasts.

Check that the Axilla Pad is correctly oriented within the Torso armpit. The Pad can be repositioned by reversing the stages.

Fitting Lymph Nodes in Axilla Pads

1

Lay the Axilla Pad down with the pockets facing up.

Insert a lymph node into the required position/pocket.

2

Push the lymph node firmly into the pocket.

Replace the Axilla Pad (see Fitting & Removal of the Axilla Pads) and check the node position.

Fitting & Removal of the Clavicle Pad

1

The 4 straps at the back of the Breasts need to be loosened.

This allows the Breasts to be moved away from the Torso chest and the Clavicle Pad to be tucked inbetween them.

2

Place the Clavicle Pad over the front of the Breasts.

Fasten the velcro around the neck of the Torso

3

Lift the Clavicle Pad up and pull the top edge of the Breasts away from the Torso.

Tuck the 'bib' of the Clavicle Pad down behind the Breasts.

4

Smooth out the Clavicle Pad so that it fits smoothly between the front straps of the Breasts. Adjust the fitting of the neck straps if necessary.

Retighten the four straps on the back of the Breasts.

Reverse the procedure to remove the Clavicle Pad.

Fitting Lymph Nodes in the Clavicle Pad

1

If attached, remove the Pad from the rest of the Trainer or the Standardised Patient The pockets are on the underside of the Pad.

Lift the slit and insert a Lymph Node.

2

Place the Node in the lower part of the pocket for an infraclavicular node.

3

Place the Node in the upper part of the pocket for a supraclavicular node.

Refit the Clavicle Pad to the Torso or Standardized Patient and check the position of the lymph node.

Fitting the Breast skin for wearable use

1

Remove the wearable Breasts from the Torso.

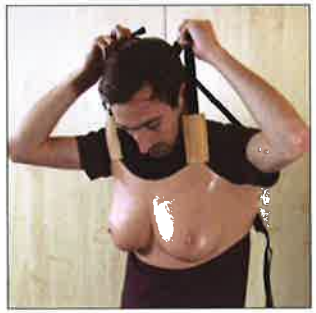
Reconnect the upper side buckle leaving the lower side free. **NB: The picture shows this on the Torso for clarity. Ensure this is done after the Breast is removed from the Torso.**

2

Loop your wrists under the connected top side straps.

Grasp the top straps.

3



Holding both top straps, lift the breasts...

...over the head.

Ensure both arms are in the loops formed between the top straps and their upper side connection.

4

Adjust the top straps to set the breasts to the desired height.

Reconnect the lower side strap

5

Slide the strap pads up to rest on the top of the shoulders.

The Breasts are now ready to use