S230.42 Breast Examination Simulator

User Guide
Disclaimer

The Breast Examination Simulator (S230.42) is to be used only as part of an approved educational program for health professionals. It should not be used for clinical decision making.

Warning

Care should be taken to ensure that there is nothing resting or pressing against the breasts when packing the model into the carrying bag. If this occurs, "dents" or indentations will form in the breast at the pressure points. The dents may or may not disappear after the pressure is relieved.

Please read Section IV: Instructions for Use before beginning training exercises with the Breast Examination Simulator.

Caution

The Breast Examination Simulator is constructed of materials that approximate human skin and breast tissue; therefore, use the same gentle technique you would when examining a patient.

- Have trainees wash their hands prior to use.
- Palpate using the pads of the middle three fingers. (Do not palpate using fingernails as this may tear the skin)

Also, to avoid permanently staining the breasts:

- Do not press the breast against soiled surfaces, ink or newsprint.
- Do not write on the breasts.

Cleaning

- Clean the simulator torso and breasts using a mild solution of soap and water. (Do not clean with alcohol or solvents.)
- When thoroughly dry, apply a small amount of talcum powder to return the surface to a skin-like feel and appearance.

Storage

- Store the simulator with the breasts facing upwards in the carrying case provided.
- Store in a safe place at room temperature.

Do not pack any sharp objects with the Breast Examination Simulator.

How to Contact Gaumard®

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          support@gaumard.com

By Phone: Toll-free in the USA: 800.882.6655
          Worldwide: 305. 971.3790
          Fax: 305.667.6085

Office hours: Monday-Friday, 8:30-4:30 PM EST

Note: Before contacting Gaumard you must:

1. Have the Simulator Serial Number (if applicable) and/or model number available.
2. Have the Simulator available if troubleshooting is needed.
I. Introduction

Gaumard’s new Breast Examination Simulator (S230.42) combines state-of-art materials to create a realistic look, feel and texture in addition to lifelike softness and durability. The breasts, nipples and areola have realistic features. The cysts and masses located in the breasts have distinct textures useful in recognizing normal and abnormal conditions found in breasts.

As such, the simulator provides an excellent platform on which trainees can learn how to perform a breast examination as well as demonstrate breast self-examination to women who want to learn how to do it.

II. Contents of Breast Simulator Package

The simulator consists of an adult upper torso, right and left breasts including the axillary regions, and it has the following features:

- An upper torso featuring Velcro attachments to secure the breasts
- A right breast containing two (2) masses and two (2) soft, fluid filled cysts
- A left breast containing six (6) masses of varying sizes
- A soft carrying bag
- A User Guide

Other Features:

- The simulator can be used in either the upright (vertical) or prone (horizontal) position.
- Medium skin tone is the standard simulator color; light or dark skin is available at no extra cost.

Also, included is a Breast Examination Learning Package CD. The purpose of the learning package is to provide health professional instructors with additional information and performance-based learning materials to assist trainees:

- Learn to perform breast examinations competently,
- Teach and demonstrate breast self-examination, and
- Enable instructors to measure student performance objectively.

III. Location of Masses and Cysts

The location (right or left breast), diameter (millimeter) and depth (millimeter) below the skin of the breast masses and cysts are listed in Table 1a, 1b and in Figure 1.

<table>
<thead>
<tr>
<th>Right Breast</th>
</tr>
</thead>
<tbody>
<tr>
<td>Occurrence</td>
</tr>
<tr>
<td>Enlarged lymph node</td>
</tr>
<tr>
<td>Fibroadenoma</td>
</tr>
<tr>
<td>Fibrocystic Mass</td>
</tr>
<tr>
<td>Cyst</td>
</tr>
</tbody>
</table>

*Table 1a. Diameter and Depth of Nodes and Cysts*

<table>
<thead>
<tr>
<th>Left Breast</th>
</tr>
</thead>
<tbody>
<tr>
<td>Occurrence</td>
</tr>
<tr>
<td>Mass</td>
</tr>
<tr>
<td>Mass</td>
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<tr>
<td>Mass</td>
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*Table 1b. Diameter and Depth of Masses*
IV. Instructions for Use

The Breast Examination Simulator is shipped fully assembled with the breasts attached to the torso.

- The breasts are detachable as shown in Figure 2a and 2b and both can be purchased separately.

To remove a breast from the torso, gently lift up the breast until your fingers touch the Velcro attachment, then remove the breast by separating it from the torso. **Do not apply force to remove the breast from the torso.**

- The simulator may be used in either the upright (vertical) or prone (horizontal) position (Figures 3 and 4).
Both breasts can be used to identify the masses and cysts using the spiral method (Figure 5) or up-and-down (grid) method (Figure 6). With either method be sure to include the tail of the breast which extends up into the axilla.

![Figure 5. Spiral Method of Palpation](image)

![Figure 6. Up-and-Down Method of Palpation](image)

V. Suggestions for Further Reading

Breast Examination


Breast Awareness and Self-Examination


Nation Health Service (NHS), United Kingdom. 2011. Cancer Screen Programs: Be Aware (http://www.conserscreening.nhs.uk/breastscreen/).


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Patent Pending