



## **S230.42** Breast Examination Simulator

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### 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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 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.

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### I. Introduction

Gaumard's new **Breast Examination Simulator (\$230.42)** 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

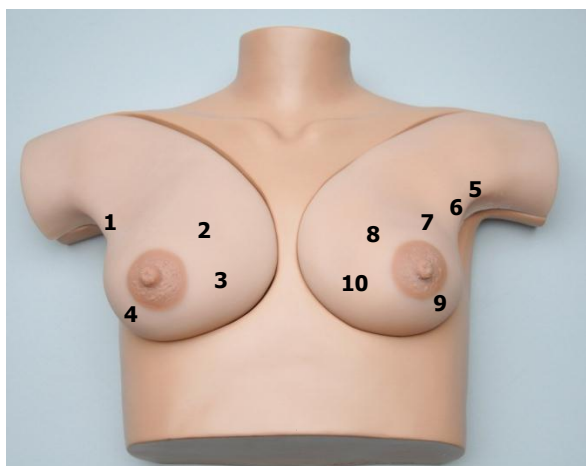
The location (right or left breast), diameter (millimeter) and depth (millimeter) below the skin of the breast masses and cysts are listed in Table 1a, 1b and in Figure 1.

Right Breast			
Occurrence	Number	Diameter (mm)	Depth (mm)
Enlarged lymph node	1	13	9
Fibroadenoma	2	12	11
Fibrocystic Mass	3	24	8
Cyst	4	19	6

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

Left Breast			
Occurrence	Number	Diameter (mm)	Depth (mm)
Mass	5	16	13
Mass	6	15	6
Mass	7	18	6
Mass	8	17	16
Mass	9	14	10
Mass	10	19	13

**Table 1b.** Diameter and Depth of Masses



**Figure 1.** Locations of Masses and Cysts

## 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.



**Figure 2a.** Removable Breast



**Figure 2b.** Removable Breast

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).



**Figure 3.** Upright Position



**Figure 4.** Prone Position

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.

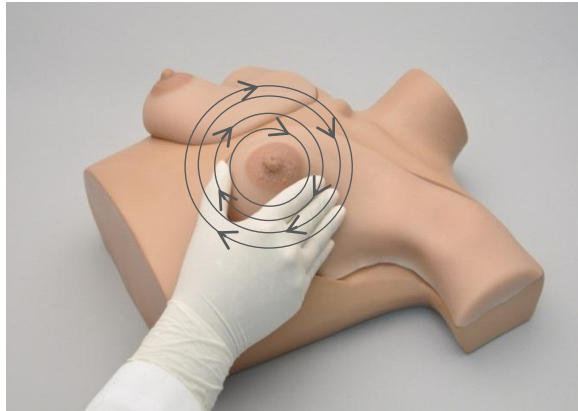


Figure 5. Spiral Method of Palpation

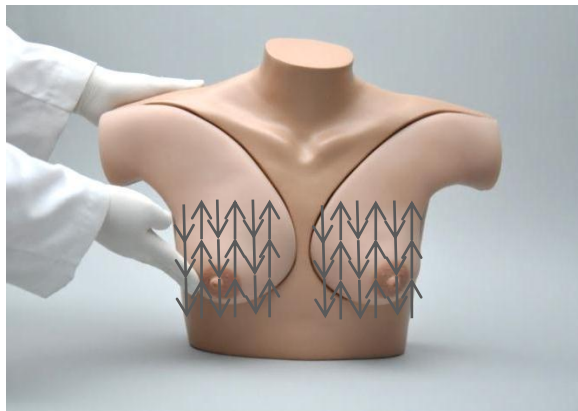


Figure 6. Up-and-Down Method of Palpation

## V. Suggestions for Further Reading

### Breast Examination

Bickley LS and PG Szilagyi. 2009. *Bates' Guide to Physical Examination and History Taking* (10<sup>th</sup> edition). Wolters Kluwer Health/Lippincott, Williams and Wilkins. Philadelphia, PA.

Jarvis C. 2008. *Physical Examination and Health Assessment* (5<sup>th</sup> edition). Saunders/Elsevier. St. Louis, MO.

Lynn, P. 2008. *Taylor's Clinical Nursing Skills* (2<sup>nd</sup> edition). Wolters Kluwer Health/Lippincott, Williams and Wilkins. Philadelphia, PA.

Schaefer L, A Blouse and N McIntosh (editors). 2000. *Guidelines for Performing Breast and Pelvic Examinations*. JHPIEGO Corporation. Baltimore, MD.

Smith SF, DJ Duell and BC Martin. 2008. *Clinical Nursing Skills. Basic to Advanced Skills* (7<sup>th</sup> edition). Pearson Prentice Hall, Upper Saddle River, NJ.

Taylor CR, C Lillis, P Lynn and M LeBon. 2008. *Fundamentals of Nursing: The Art and Science of Nursing Care* (6<sup>th</sup> edition). Wolters Kluwer Health/Lippincott, Williams and Wilkins. Philadelphia, PA.

### Breast Awareness and Self-Examination

American Cancer Society (ACS). 2011. Breast awareness and self-exam. January 1.

(<http://www.cancer.org/cancer/breastcancer>)

Breastcancer.org. 2009. The five steps of a breast self-exam.

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Kösters JP and PC Gøtzsche. 2003. Regular self-examination or clinical examination for early detection of breast cancer.. *Cochrane Database Syst Rev* (2): CD003573.

Nation Health Service (NHS), United Kingdom.

2011. Cancer Screen Programs: Be Aware (<http://www.conserscreening.nhs.uk/breastscreen/>).

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Thomas DB, Gao DL, Ray RM, Wang WW, Allison CJ, Chen FL, et al. 2002. Randomized trial of breast self-examination in Shanghai: final results. *J Natl Cancer Inst Cancer Spectrum* 94: 1445–1457.

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Patent Pending