We wish to acknowledge the Breast Cancer Detection Program at the University of Wisconsin and Mary E. Pautz, R.N., M.P.H., Associate Clinical Professor at the University of Wisconsin School of Nursing, for their guidance in the design of this Life/form® Breast Examination Simulator.

About the Simulator…
The Life/form® Breast Examination Simulator allows you to demonstrate proper techniques for breast examination in private or in group session and enables a woman to practice self-examination under the supervision of a health care professional without embarrassment. Special vinyl formulations have been used to create the most lifelike look and feel possible. The simulator allows you to practice all phases of breast examination in sitting and prone positions. This lightweight simulator is designed with a concave back to allow placement against the student for ease in demonstrating or practicing palpation techniques.

List of Components
The Life/form® Breast Examination Simulator has been designed by Life/form® and the American Cancer Society guide to breast examination. To provide maximum life for this simulator, it has been designed with replaceable components. Replacement skins and breast masses are available and can easily be installed.

Internal Structure
A. Fluid Breast Mass
In contrast to foam, which tends to compress under palpation, a fluid material has been used to simulate the breast mass. As you depress the mass, it displaces laterally to give realistic sensation.

B. Palpable Ribs
To provide more realism, the simulator has been designed with palpable ribs. The fluid breast mass will allow the student or patient to palpate the chest wall and learn to distinguish the normal feeling of the ribs from abnormalities.

C. Mammary Ridges
The simulator has been designed with replaceable components. Replacement skins and breast masses are available and can be used easily.

Procedures that Can bePerformed on This Simulator
The simulator has been designed so the student or patient can detect the difference in the normal structure from abnormalities. As with the real breast, the ridge is most detectable under the breast.

A. Demonstrate Proper Technique
Use model to demonstrate to the student or patient the proper method of palpation of the breast.

B. Supervise Practice
Have the student or patient palpate the palpation techniques on the breasts while supervised to ensure that the examination is performed correctly.

C. Detect Abnormalities
Tell the student or patient that there are abnormalities in the model with or without pointing out there locations. The student or patient should examine the model by palpation until all abnormalities have been located.

D. Recognize Mammary Ridge
Assistant student or patient in locating and recognizing the mammary ridge. More prominent in some women than others.

E. Detect Abnormalities
Tell the student or patient that there are abnormalities in the model without pointing out there locations. The student or patient should examine the model by palpation until all abnormalities have been located.

F. Describe Abnormalities
Encourage the student or patient to describe the abnormal masses by size, location, depth, firmness, etc.

G. Encourage Frequent Self-Examination
Care of the Simulator
Great care has been taken to design and produce the most realistic model possible for practicing breast palpation. If the model is used carefully and handled as one would a patient, this simulator will provide years of service. Following are a few tips on caring for your Life/form® Model.

A. Store in Supplied Container
The simulator is subject to staining from inks. Avoid contact with printed surfaces.

B. Cleaning
When skin shamming, it can easily be cleaned with a mild solution Ivory® liquid soap and water. Do not use abrasive cleaners. REN cleaner (W99919L) will remove stubborn stains from simulator. Simply spray soiled area and wipe clean with a soft cloth or paper towel.

C. Replacing Components
Replacement parts are available for the breast mass and skin. Should it become necessary to replace any of these components, use the following instructions:

1. Remove Skin. Disconnect all snaps on back of model. Carefully stretch one corner of skin over frame of model. Other corners should be easily removed.

2. Position Breast Masses. Lay model on its back on table and position both breast masses on foam back. Seams should be against back of model.

3. Place Skin Over Model. While laying flat, place skin over model so breast masses are against the model.

4. Work Skin Over Each Corner of Framework. Be careful not to stretch the skin to the extent that tearing will occur.

5. Fasten Snaps. Tip model upright and fasten snaps.

Cautions:
Some cohesive materials will damage the simulator. Never place simulator on any kind of printed paper or plastic. These materials will also make indelible stains.

Supplies/Replacement Parts for the Breast Examination Simulator

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>LF00988U</td>
<td>Normal Breast</td>
</tr>
<tr>
<td>LF01015U</td>
<td>Abnormal Left Breast</td>
</tr>
<tr>
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In contrast to foam, which tends to compress under palpation, a fluid material has been used to simulate the breast mass. As you depress the mass, it displaces laterally to give realistic sensation.

B. Palpable Ribs
To provide more realism, the simulator has been designed with palpable ribs. The fluid breast mass will allow the student or patient to palpate the chest wall and learn to distinguish the normal feeling of the ribs from abnormalities.

C. Mammary Ridges
The simulator has been designed with replaceable components. Replacement skins and breast masses are available and can be used easily.

Procedures that Can be Performed on This Simulator
The model is used as a teaching aid and should accommodate your system of instruction. Following are tips you may want to consider in use of the model:

A. Demonstrate Proper Technique
Use model to demonstrate to the student or patient the proper method of palpation of the breast.

B. Supervise Practice
Have the student or patient palpate the palpation techniques on the breasts while supervised to ensure that the examination is performed correctly.

C. Detect Abnormalities
Tell the student or patient that there are abnormalities in the model with or without pointing out there locations. The student or patient should examine the model by palpation until all abnormalities have been located.

D. Recognize Mammary Ridge
Assistant student or patient in locating and recognizing the mammary ridge. More prominent in some women than others.

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G. Encourage Frequent Self-Examination
Care of the Simulator
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B. Cleaning
When skin shamming, it can easily be cleaned with a mild solution Ivory® liquid soap and water. Do not use abrasive cleaners. REN cleaner (W99919L) will remove stubborn stains from simulator. Simply spray soiled area and wipe clean with a soft cloth or paper towel.

C. Replacing Components
Replacement parts are available for the breast mass and skin. Should it become necessary to replace any of these components, use the following instructions:

1. Remove Skin. Disconnect all snaps on back of model. Carefully stretch one corner of skin over frame of model. Other corners should be easily removed.

2. Position Breast Masses. Lay model on its back on table and position both breast masses on foam back. Seams should be against back of model.

3. Place Skin Over Model. While laying flat, place skin over model so breast masses are against the model.

4. Work Skin Over Each Corner of Framework. Be careful not to stretch the skin to the extent that tearing will occur.

5. Fasten Snaps. Tip model upright and fasten snaps.

Cautions:
Some cohesive materials will damage the simulator. Never place simulator on any kind of printed paper or plastic. These materials will also make indelible stains.

Supplies/Replacement Parts for the Breast Examination Simulator

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Simulator allows you to demonstrate proper techniques for breast examination in private or in group session and enables a woman to practice self-examination under the supervision of a health care professional without embarrassment.

Special vinyl formulations have been used to create the most lifelike look and feel possible. The simulator allows women to practice all phases of breast examination in battling and prone positions. This lightweight simulator is designed with a concave back to allow placement against the student for ease in demonstrating or practicing palpation techniques.

List of Components

The Life/form® Breast Examination Simulator includes an American Cancer Society guide to breast examination. To provide maximum life for this simulator, it has been designed with replaceable com-ponents. Replacement skins and breast masses are available and can be easily installed.

Internal Structure

A. Fluid Breast Mass

In contrast to foam, which tends to compress under palpation, a fluid material has been used to simulate the breast mass. As you depress the mass, it displaces laterally to give realistic sensation.

B. Palpable Ribs

To provide more realism, the simu-lator has been designed with palpable ribs. The fluid breast mass will allow the student or patient to palpate the chest wall and learn to distinguish the normal feeling of the ribs from abnormalities.

C. Mammary Ridge

The model includes a distinguish-able mammary ridge so the student or patient can detect the difference in this normal struc-ture from abnormalities. As with the real breast, the ridge is most detectable under the breast.

D. Abnormalities

Both breasts include two different types of abnormalities.

1. Left Breast

a. Small Nodularity — Located in the upper, inner quadrant. Granular or shotty texture, usually bilate-ral, and may be associated with benign fibrocystic disease of the breast.

b. Fibroadenoma — Located in the lower, inner quadrant. Freely movable, “slippery,” firm discrete mass usually benign, but may be diagnosed by biopsy.

c. Fluid Filled Cyst — Located in the lower, inner quadrant. Increased density in breast caused by fibrous tissue. Can be indicative of malignancy.

General Instructions for Use

Use of the back has been curved to allow positioning on the student’s or patient’s lap or against the chest for con-venient use.

Procedures that Can Be Performed on This Simulator

The model allows you to vary breast masses and should accommodate your system of instruction. Following are tips you may want to consider in use of the model:

A. Demonstrate Proper Technique

Use model to demonstrate to the student or patient the proper method of palpating the breast.

B. Supervise Practice

Have the student or patient prac-tice the palpation techniques on the breasts while supervised to ensure that the examination is per-formed correctly.

C. Deep Palpation

Have the student or patient palpate the chest wall to recognize the feel-ing of a normal rib formation.

D. Recognize Mammary Ridge

Assistant student or patient in locat-ing and recognizing the mammary ridge. More prominent in some women than others.

E. Detect Abnormalities

Tell the student or patient that there are abnormalities in the model without pointing out where the locations. The student or patient should examine the model by palpation until all abnormalities have been located.

F. Describe Abnormalities

Encourage the student or patient to describe the abnormalities in terms of size, shape, location, firmness, etc.

G. Encourage Frequent Self-Examination

Care of the Simulator

Great care has been taken to design and produce the most realistic model possible for practicing breast palpation. If the model is used carefully and handled as one would a patient, this simulator will provide years of service. Following are a few tips on caring for your Life/form® Model:

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B. Cleaning

When skin shows discoloring, it can easily be cleaned with a mild solution of soap and water. Do not use abrasive or chemical cleaners. REN cleaner (W09919U) will remove stubborn stains from simulator. Simply spray soiled area and wipe clean with a soft cloth or paper towel.

C. Replacing Components

Replacement parts are available for the breast mass and skin. Should it become necessary to replace any of these compo-nents, use the following instructions:

1. Remove Skin. Disconnect all snaps on back of model. Carefully stretch one cor ner of skin over frame of model. Other corners should be easily removed.

2. Position Breast Masses. Lay model on its back on table and position both breast masses on foam back. Seams should be against back of model.

3. Place Skin Over Model. While laying flat, place skin over model so breast masses are in rear of frame. Seams should be against back of model.

4. Work Skin Over Each Corner of Framework. Be careful not to stretch the skin in an effort that will tear.

5. Fasten Snaps. Tip model upright and fasten snaps.

Cautions

Sponges and other consumable materials will damage the simulator. Never place simulator on any kind of printed paper or plastic. These materials will make indelible stains. Ball- pint pens will also make indelible stains.

Supplies/Replacement Parts

For the Breast Examination Simulator:

LF01014U Abnormal Right Breast

WA09919U REN Cleaner

A. Fluid Breast Mass

B. Palpable Ribs

C. Mammary Ridge

D. Abnormalities

Cautions

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General Instructions for Use

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Procedures that Can Be Performed on This Simulator

The model is usable in a variety of ways and should accommodate your system of instruction. Following are tips you may want to consider in use of the model:

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Other Available life/form Simulators

LF00698U Adult Injectable Arm (White)
LF00584U Female Catheterization
LF00901U Vesicle Examination
LF00906U Ovary Care
LF00929U Surgical Bandaging
LF00957U Enema Administration
LF00958U Pediatric Injectable Arm
LF00961U Intramuscular Injection
LF00964U Breast Examination
LF00995U Arterial Puncture Arm
LF00997U Adult Injectable Arm (Black)
LF00999U Pediatric Injectable Head
LF01088U Uterine Cervix/Speculum
LF01121U Advanced IV Arm
LF01129U Advanced IV Hand
LF01142U Aspiration Trainer
LF01162U Venoplasty IV Trainer
LF01200U OPALINE™ Series
LF03610U Adult Airway Management
LF03601U Child Airway Management
LF03620U Adult Airway Management
LF03630U Adult Airway Management Head Only
LF03609U Child Airway Management Trainer

LF03610U Child Airway Management Trainer Head Only
LF03611U Child Defibrillation Chest Skin
LF03612U Child IV Arm
LF03613U Child Blood Pressure Arm
LF03614U Child Intravenous Infusion, Femoral Access Leg Only
LF03615U Complete Child CRiSis™ Update Kit
LF03616U Child CRiSis™ Manikin
LF03617U Deluxe Child CRiSis™
LF03620U PALS Update Kit
LF03621U Infant Airway Management
LF03626U Child Femoral Access Injection Pad Replacement
LF03627U Child Intraosseous Infusion Femoral Access Leg on a Stand
LF03623U Infant Airway Management Trainer
LF03636U Child Femoral Access Injection Pad Replacement
LF03637U Child Intraosseous Infusion Femoral Access Leg on a Stand

BREAST EXAMINATION SIMULATOR LF00984U INSTRUCTION MANUAL

INSTRUCTION MANUAL

Life/form. Products by NASCO

INSTRUCTION MANUAL

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