

## Assessment Checklist (OSCE)

This checklist is for assessing the CBE skills of the healthcare providers

Place a “✓” in case box if step/task is performed **satisfactorily**, an “X” if it is **not** performed **satisfactorily**, or **N/O** if not observed.

**Satisfactory:** Performs the step or task according to the standard procedure or guidelines

**Unsatisfactory:** Unable to perform the step or task according to the standard procedure or guidelines

**Not Observed:** Step or task not performed by participant during evaluation by trainer

Name:

Designation:

Qualification:

Number of years in service:

Name of the facility:

Type of the facility: DH CHC PHC HWC SC UCHC UPHC Other \_\_\_\_\_

CHECKLIST FOR CLINICAL BREAST EXAMINATION					
STEP/TASK	CASES				
<b>STEPS OF CLINICAL BREAST EXAMINATION</b>					
1. Requests the woman to undress from her waist up. Makes her sit on the examination table with her arms on her side.					
2. Washes hands thoroughly and dry them. If necessary, put on new examination or high-level disinfected gloves on both hands.					
<b>Inspection: Step 3</b>					
3. i. Asks the woman to put her hands over her head. Then looks at the breasts to note: <ul style="list-style-type: none"> <li>Any difference in shape, size</li> <li>Dimpling or puckering of skin</li> <li>Pulling in of nipple or other part of breast</li> <li>Itchy, scaly sore or rash on nipple</li> <li>Swelling, redness/darkness in either breast</li> </ul> ii. Looks at the nipples and notes size, shape and direction in which they point. Checks for rashes or sores and nipple discharge. iii. Asks the woman to press her hands on her hips to check if there is any abnormality as mentioned in i) iv. Looks at breasts while woman has hands over her head and presses her hands on her hips. Checks to see if breasts hang evenly					
<b>Palpation: Steps 4-8</b>					
4. Asks her to lie down on the examining table. Places a pillow under her shoulder on the side being examined and places woman's arm over her head.					

CHECKLIST FOR CLINICAL BREAST EXAMINATION					
STEP/TASK	CASES				
<p>5. (i) Palpates the entire breast using the 'Dial of a Clock' technique using the pads of three middle fingers. Examines the breast starting at 12 O' clock position from periphery to the nipple by palpating in small circles of about 3 cm in diameter, 3 times with increasing pressure and without lifting fingers, the next circle while moving towards the nipple overlaps with the previous circle. Once areola is reached, the palpation is repeated sequentially at 1 o clock, 2 o clock, 3 o, 4 o, 5 o, 6 o, 7 o, 8 o, 9 o, 10 o and 11 o clock positions. Palpation of inner half of breast is done in supine position and palpation of outer half of breast is done after making the woman role over to the opposite side.)</p> <p>(ii) Notes any lump or tenderness</p>					
6. Palpates the central are located behind the areola and nipple. For any lump or tenderness. Squeezes the nipple gently using thumb and index finger and checks for any discharge and feels for any thickening behind the nipple.					
7. Repeats these above steps (No. 4 to No.6) for the other breast					
8. Requests the woman to sit up and raise her arm. Palpates the tails of both the breasts and checks for enlarged lymph nodes in both the axillae, neck, bilateral supra and infra clavicular lymph nodes.					
<b>Post examination tasks:</b>					
9. After completing the examination, asks the woman to cover herself.					
10. If the examination is normal, tells the woman everything is fine and when she should return for a repeat examination.					
11. If there is any abnormal or suspicious finding, explains about it to the woman and her family member/ASHA and informs them about the next course of actions like referral to higher health facility, in consultation with the doctor/specialist, if available					
12. Records the observations on the client record and facility register					