

# Standard Breast Examination Trainer User Guide



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# Standard Breast Examination Trainer

Part No: **40200**

This brand new product from Limbs & Things, 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**



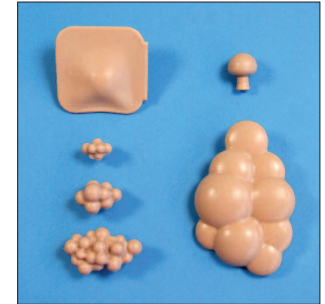
**Breast Back Plates**

Part No: **40207**



**Breast Examination Torso**

Part No: **40208**

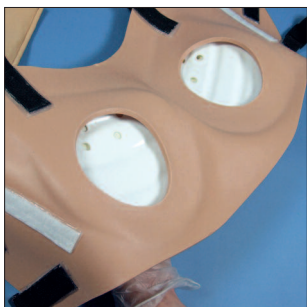


**Breast Examination Pathologies**

Part No: **40204**

# Setting up Pathologies

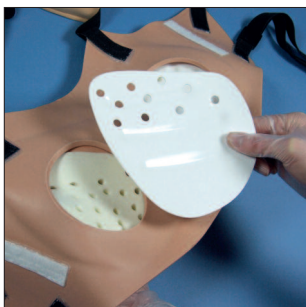
1



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

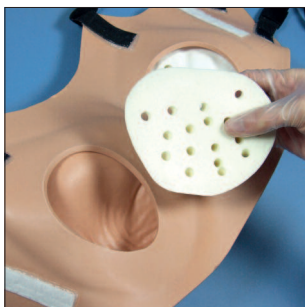
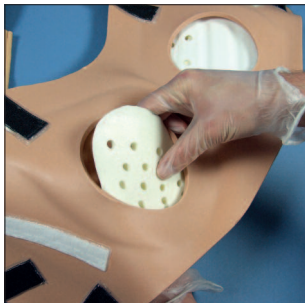
Setting up the Pathologies is best done with the Breasts removed from the Torso/patient actor, and laid reverse-side up, on a suitable surface.

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.

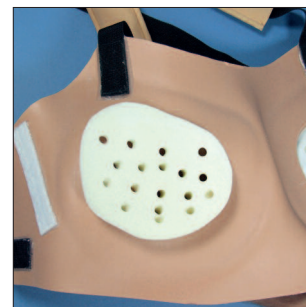
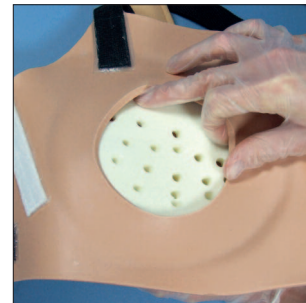
4



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).

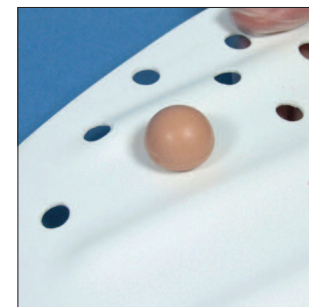
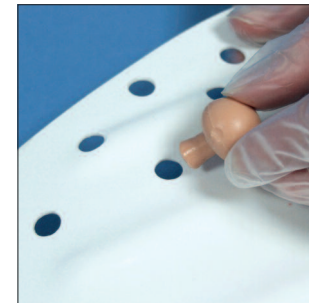
5



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.

## Removal & Refitting of the Breast Examination Inserts

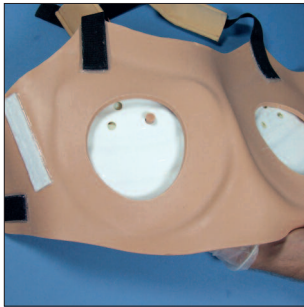
7



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.

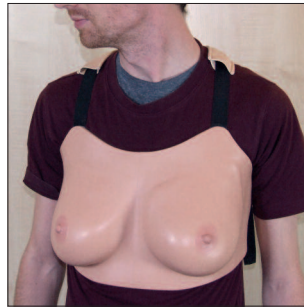
8



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

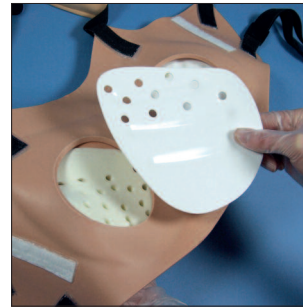
The Breasts are now ready to use.

9



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

1

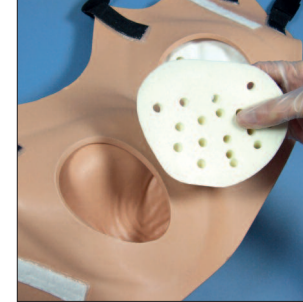


**Due to the nature of the material it is made from, the Breast Examination Insert can sometimes stick to the inner surface of the skin giving it a lumpy appearance. This section explains how to fix this.**

With the Breast skin lying face down...

...remove the relevant Back Plate.

2



Remove the foam Support.

Finally remove the Breast Examination Insert.

3

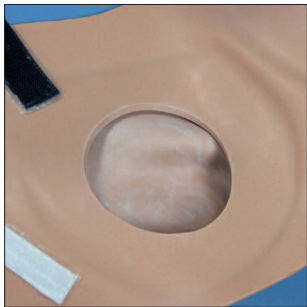


To stop the Insert from sticking to the inside of the Skin pour a small amount of talcum powder into the recess of the Breast skin.

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

## Removal of wearable breasts from the Torso

4



Make sure the underside edges are also covered with powder.

The recess should be evenly covered with powder.

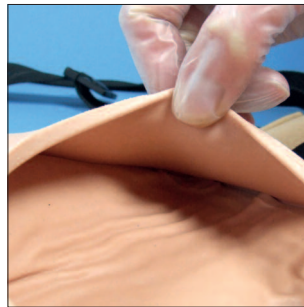
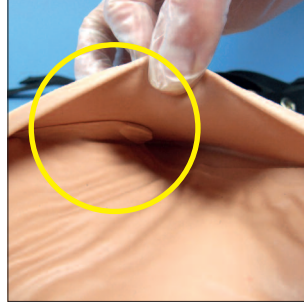
5



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

Push the insert into the recess.

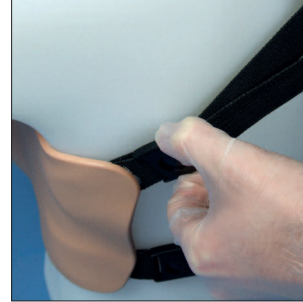
6



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.

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 the Breast skin for wearable use

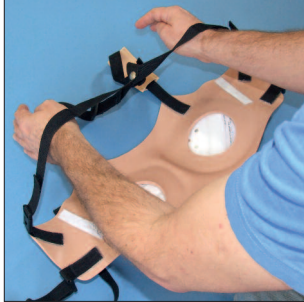
1



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.**

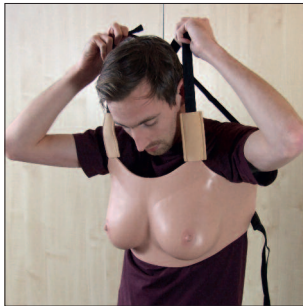
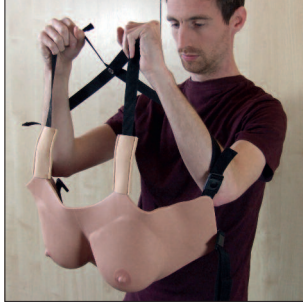
2



Loop your wrists under the connected top side straps.

Grasp the top straps.

3

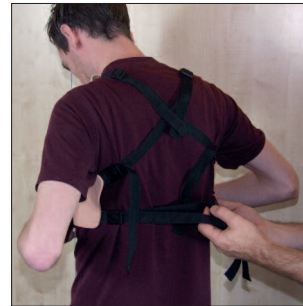
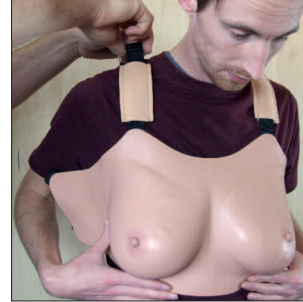


Holding both top straps, lift the breasts...

...over the head.

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

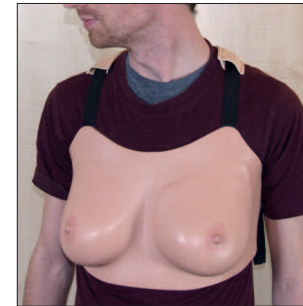
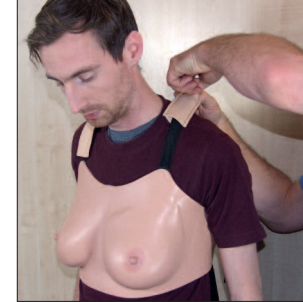
4



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