






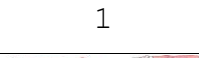


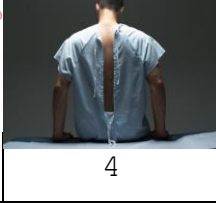

Lump Examination

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Lump examination (Lump = any mass in the body)

Lump= Breast lump = Hernia = Thyroid = Lymph node.

#	Subject steps	Pictures	Notes
A	Pre-exam Checklist: WIPE	 <p style="text-align: center;">Be the one.</p>	Very important.
1	Wash your hands.		<p>✓ (Wash your hands in front of the examiner or bring a sanitizer with you).</p> <p>✓ Always examine from the right side of the patient (and tell the examiner if you are left handed).</p> <p>✓ Ask the patient if there is any tenderness before touching him/her.</p>
2	Introduce yourself to the patient, explain the examination & take consent.		
3	Positioning of the patient and his/her Privacy.		
4	Exposure.		
			
			
B	General appearance (ABC2DEVs):		
1	Appearance: young, middle aged, or old, and looks generally ill or well.	<p>+ then go to the -. For the findings, you should say the negatives: "There's no clubbing, no splinter hemorrhage, no leukonychia..." and the same applies to the rest of the body</p>	
2	Body built: normal, thin, or obese	<p>Ex: Cachectic W/F in her 40's having respiratory distress, sitting bolt upright in bed and speaking in 2- and 3-word sentences. The patient is held on nebulizer for #.</p> <p>Vital signs: Temperature 38.0°C, pulse 110 beats per minute, blood pressure 100/60, respiratory rate 30 breaths per minute, oxygen saturation of 98% on room air.</p>	
3	Connections: such as nasal cannula (mention the medications), nasogastric tube, oxygen mask, canals or nebulizer, Holter monitor, I.V. line or cannula (mention the medications).		
4	Color: jaundiced, pale, or cyanosed.		
5	Distress: in pain, respiratory (using accessory muscles), or neurological (abnormal movements) distress.		
6	Else: mental functions: consciousness, alertness, and orientation.		
7	Vital signs: <ol style="list-style-type: none"> 1) Pulse rate 2) Blood pressure (BP) 3) Temperature 4) Respiratory rate 		



A: Inspection

1. Site

- Also, single vs. multiple.
- Distance from a bony prominence landmark.

2. Size

3. Shape

4. Surrounds

- Remote surrounds first, then local surrounds.
- Also, surrounding neurological or motor deficits.

5. Surface

- Smooth vs. rough vs. indurated.
- Skin, scars.

6. Edge

- Clear vs. poorly defined.

7. Transillumination, if applicable.

- Whether a torch behind lump will allow light to shine through.
- Esp. used in testicular mass.



Mnemonic

4 Students and 3 Teachers around the **CAMPFIRE**:

- ✓ Site
- ✓ Size
- ✓ Shape
- ✓ Surface
- ✓ Tenderness
- ✓ Temperature
- ✓ Transillumination
- ✓ Consistency
- ✓ Appearance of patient
- ✓ Mobility
- ✓ Pulsation
- ✓ Fluctuation
- ✓ Irreducibility
- ✓ Regional lymph nodes
- ✓ Edge

B: Palpation

1 Temperature

- Feel with back of fingers on surface, surrounds.

2 Tenderness

- Ask to tell when feel pain.
- Nerve: can cause pins and needles.

3 Consistency

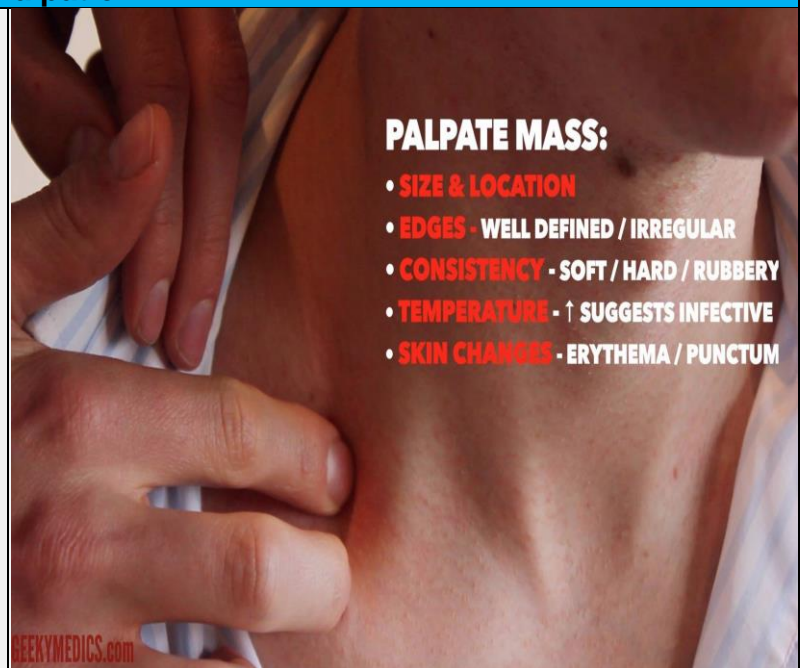
- Soft, spongy, firm.

4 Mobility and attachment

- Move lump in two directions, right-angled to each other. Then repeat exam when muscle contracted:
 - Bone: immobile.
 - Muscle: contraction reduces lump mobility.
 - Subcutaneous: skin can move over lump.
 - Skin: moves with skin.

5 Pulsatile

- Assess with 2 fingers on mass:



PALPATE MASS:

- **SIZE & LOCATION**
- **EDGES** - WELL DEFINED / IRREGULAR
- **CONSISTENCY** - SOFT / HARD / RUBBERY
- **TEMPERATURE** - ↑ SUGGESTS INFECTIVE
- **SKIN CHANGES** - ERYTHEMA / PUNCTUM

- Transmitted pulsation: both fingers pushed same direction.
- Expansile: fingers diverge (esp for AAA).

6 Fluctuation [fluid-containing]

- Assess by placing 2 fingers in "peace sign" on either edge of lump, then tapping lump center with index finger of other hand: fluctuant lump will displace peace sign fingers.
- Very large masses can be assessed by a fluid thrill.

7 Irreducible

- Compressible: mass decreases with pressure, but reappears immediately upon release.
- Reducible: mass reappears only on cough, etc.

Malignant

- Hard
- Painless
- Irregular
- Fixation to skin/chest wall
- Skin dimpling
- Discharge bloody/unilateral
- Nipple retraction

Benign

- Firm/rubbery
- Painful
- Regular/smooth
- Mobile/not fixed
- No skin dimpling
- Discharge more likely green/yellow
- No nipple retraction

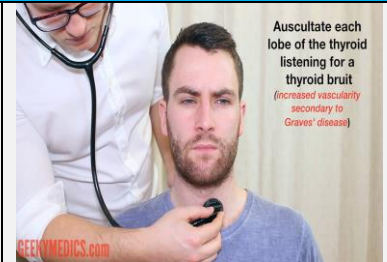
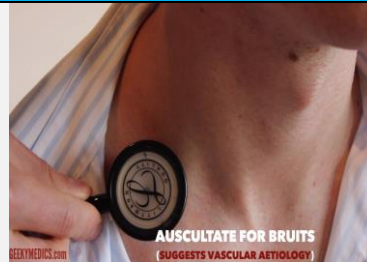
C+D: Percussion and auscultation

1 Percussion:

- Dullness.
- Resonance.

2 Auscultation:

- Bruit.



Examination of a breast lump: <https://www.youtube.com/watch?v=cAUF4KonFJ4>

Examination of hernia: <https://www.youtube.com/watch?v=L9e9PA6otvw>

After the examination:

- ✓ Ensure that the patient is comfortable.
- ✓ Make explanations to the patient, answer his/her questions and discuss management plan.
- ✓ If necessary, order diagnostic investigations.
- ✓ Dispose of sharps and waste material according to infection control standards.
- ✓ Wash hands.
- ✓ Document the procedure.



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