



1

---

---

---

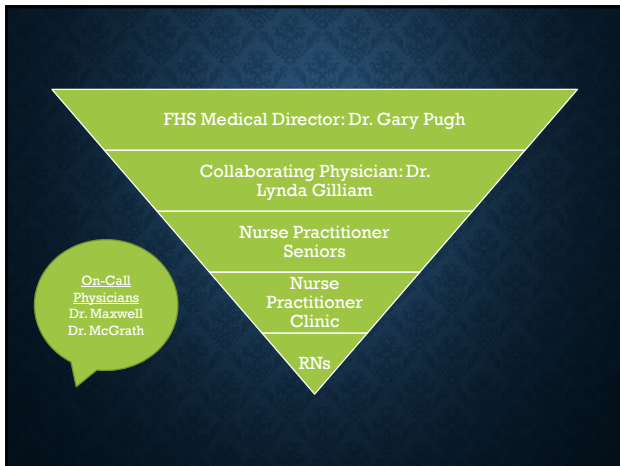
---

---

---

---

---



2

---

---

---

---

---

---

---

---



3

---

---

---


---

---

---

---

---

 **ANNUAL CLINICAL BREAST EXAM**

- Look – Skin for abnormalities
- Touch – Assess tissue for abnormalities
- Teach – Self Breast Exam (Monthly)
- Refer
  - Mammogram
  - Ultrasounds
  - MRI
  - Surgical

**HOW TO DO A BREAST SELF EXAMINATION**

**STEP 1: IN FRONT OF A MIRROR**

VIEW EACH BREAST FROM THE FRONT

VIEW EACH BREAST FROM THE SIDE

VIEW EACH BREAST FROM THE BACK

**STEP 2: IN THE SHOWER**

WASH THE LEFT ARM

WASH THE RIGHT ARM

WASH THE BACK

**STEP 3: ON THE BED**

FLAT & FINGER TIP

FLAT & FINGER TIP

FLAT & FINGER TIP

**WHEN TO SEE A DOCTOR**

IF YOU FIND ANY CHANGES

IF YOU FIND ANY CHANGES

IF YOU FIND ANY CHANGES

4

---

---

---

---

---

---

---

---

**PAP SMEAR...**

- Can be scary
- Patients may not understand the importance
- Goals are to:
  - Relieve fears
  - Squash rumors
  - Educate on why



What if it's painful or embarrassing?

I just don't have the time

It's not relevant to me

Why do I need to go?

5

---

---

---

---


---

---

---

---

**PAP SMEARS...**



- Used to take a small brush sample from the cervix to test for abnormal cell growth.
- The purpose of the pap smear is to catch changing cells to eventually prevent cervical cancer

6

---

---

---

---

---

---

---

---

**PAP TIMING**

- Low risk patients should have their 1<sup>st</sup> PAP at age 21 regardless of sexual history
- Women 21-29 obtain screening PAP every 3 years
- Women 30 years of age obtain PAP with HPV testing
- NEW - there are special requirements for positive results found in the Follow-up section page 13 of the Family Planning Clinical Protocol
- If both negative, continue routine screening every 5 years
- Abnormal results - the patient should follow management based on results

7

---

---

---

---


---

---

---

---

**AFTER THE ABNORMAL FINDINGS...**



- After certain abnormal findings, we will set the patient up for a colposcopy.
- This was a referral, BUT now all the NP Seniors are trained and certified to perform the procedure. We also have Clinical NPs in training.
- Please read the Colposcopy information pamphlet to understand the details of the Colposcopy.
- We need to reinforce the severity/importance of follow-up for ALL abnormal results.**

8

---

---

---

---


---

---

---

---

**FOLLOW-UP**



- IS a current problem for our patient population.
- They do not understand the importance.
- Outcome to aim for – improve patient follow-up for breast and pap results.

9

---

---

---

---

---

---

---

---