

ACTIVE LEARNING TEMPLATE: *Basic Concept*

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CONCEPT Testicular Self Exam

REVIEW MODULE CHAPTER _____

Related Content

(E.G., DELEGATION,
LEVELS OF PREVENTION,
ADVANCE DIRECTIVES)

Risk for testicular CA:
ages 20-35

If lumps or other changes
detected during a testicular
self-exam, make an
appointment with MD

Underlying Principles

Use both hands: palpate
scrotum, check for
lesions/masses

ID structures: smooth,
egg-shaped, one normally
larger, spermatic cord firm &
smooth

Nursing Interventions

WHO? WHEN? WHY? HOW?

Done monthly

Warm environment (not
cold)

Performed routinely gives
greater awareness of the
condition of the testicles
and helps to detect
changes