

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)

- Palpation of testicles to examine for irregularities, best performed during or after bath or shower when scrotum is relaxed.

Underlying Principles

- Examine one at a time
- Self check should be preformed once a month
- Examination by a doctor should be done yearly
- Sudden pain in testicles/ scrotum should result in an ER visit to r/o testicular torsion or epididymitis.
- Swelling should be reported to a doctor asap
- Pt should look and feel for any hard lumps, smooth rounded bumps or changes in size, color, shape, and consistency.

Nursing Interventions

WHO? WHEN? WHY? HOW?

- Make sure pt is relaxed and not stressed.
- Encourage pt to demonstrate procedure
- Educate on importance of yearly exam
- Educate on what to look for and what to report
- Monitor erectile state if having issues with relaxation.