

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 the testicles to examen for abnormalities
Best perform during/after bath when scrotum relaxed
Examen one testicle at a time

Underlying Principles

Examination by a doctor should be done yearly
Self-check should be performed 1x/month
Swelling reported
It's normal to have one testicle to be larger or hang lower than the other

It's important to become familiar to the size/shape/texture of your body.

Nursing Interventions

WHO? WHEN? WHY? HOW?

Educate pt how to self examen, educate on the importance of yearly examination
Reassure that bumps are not always cancer
Monitor erectile if having issues w/ relaxation

Best perform after shower due to scrotum relaxation
Move penis to side+examen each testicle individually

Warm environment, use both hands to palpate scrotum
Identify structures
At risk: males 20-35 yrs old

To check for lumps, bumps, swelling, discoloration, any painful areas that need to reported to the Doctor to see if it's testicular cancer