

ACTIVE LEARNING TEMPLATE: *Basic Concept*

STUDENT NAME RDH

CONCEPT Testicular Self-Exam

REVIEW MODULE CHAPTER \_\_\_\_\_

Related Content

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

- \*Should be performed monthly.
- \*Best done during or after a bath or shower when the scrotum is relaxed.

Underlying Principles

- \*Testicular Cancer is rare.
- \*Is most common in clients 15-35 years old.
- \*With early detection, it has a 95% cure rate.

Nursing Interventions

WHO? WHEN? WHY? HOW?

How?

1. Move the penis to the side and examine one testicle at a time.
2. Hold the testicle between the thumb and fingers of both hands and roll it gently between the fingers.
3. Look and feel for any hard lumps, smooth rounded bumps, or a change in the size, shape, or consistency of the scrotum.

\*It is expected for one testicle to be larger than the other.

\*Palpation of the epididymis can feel like a lump.

\*Noncancerous conditions cause testicular lumps or swelling.