

### Exam 5 focus sheet

- Breast quadrants
- Menstruation
- Menopause
- Diagnostics
- Sexual history
- Breast history
- Contraceptive history
- Gynecological history
- Preparing for female and male assessments
- Inspecting female and male breasts
- Palpating breast
- Palpating lymph nodes
- Preparation for reproductive assessments
- Breast self exam
- Testicular self exam
- Education
- Male cancers
- STIs
- Male health history: STI, pain, urinary symptoms, scotum
- Sexual assessment
- Inspecting male genitalia