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Chapter 29 Thorax, Heart, and Abdomen

This examination includes the thorax (breast tissue and lungs), heart, and abdomen.

BREASTS

- For clients who have had a mastectomy, breast augmentation, or reconstruction, palpate the incisional lines. Look for lymphedema in clients who have impaired lymphatic drainage on the affected side.
- Instruct clients to become self-aware of the breast tissue to detect changes.
- Clients can perform monthly breast self-examination (BSE) to inspect their breasts in front of a mirror and palpate them during a shower. Clients who are pregnant or postmenopausal should perform BSE on the same day of each month. The optimal time to conduct a BSE is 4 to 7 days after menses begins, or right after menstruation ends. EBP
- Perform breast examinations on female and male clients.
- Use the techniques of inspection and palpation to examine the breasts.

EQUIPMENT

- Gloves
- Drape
- Small pillow or folded towel

DOCUMENTATION OF NODULES

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