Date and time (please use 24hr clock format)

Location: E.g. Ward/Clinic/GP Surgery etc.

CSTLC

This example is for a FEMALE patient

Consultant/Speciality

Dr A Osborne / Surgery

Signature Please Print Name & Designation

Dd/mm/yy O/E General observation

hh.mm  Looks well,

Alert & orientated, GCS 15/15

Comfortable at rest.

Breast Examination - Chaperone, Dr F Jones, present.

Insp: No lesions/scars/rashes/redness/excoriation/bleeding/discharge

No oedema/prominent veins/peau d’orange/tethering/masses

Symmetry/size/shape/skin colour, R=L

Areola R=L, no discolouration/obvious abnormality

Nipples everted, R=L

No nipple discharge evident on inspection, R=L

Palp: Tender on palpation of R upper outer quadrant

No other areas of tenderness

Any swelling identified should be described by a number of characteristics (e.g. size, shape, position). Any discharge identified should be described by characteristics such as colour, consistency and odour.

Swelling found in R upper outer quadrant, 2cm x 2cm, firm, smooth defined edge, mobile.

No other masses palpable

Areola, R=L=NAD

No bleeding/discharge expressed from nipples

No lymphadenopathy of axillae, supraclavicular or infraclavicular nodes.

If you find an abnormality separate the breast into 4 quadrants using the nipple as the mid-point.

A Person

APRIL PERSON

2nd year medical student

This example is for a FEMALE patient

O/E = On Examination

GCS = Glasgow Coma Scale [see previous comment in 'Lymph Node write-up']

NAD = No Abnormality Detected

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