



**BREAST EXAMINATION
SIMULATOR
LF00984U
INSTRUCTION MANUAL**



Life/form® Products by NASCO

Procedures that Can be Performed on This Simulator

The model is usable in a variety of ways and should accommodate your system of instruction. Following are tips you may want to consider in use of the model:

- A. Demonstrate Proper Technique**
Use model to demonstrate to the student or patient the proper method of palpating the breast.
- B. Supervise Practice**
Have the student or patient practice the palpation techniques on the breasts while supervised to ensure that the examination is performed correctly.
- C. Deep Palpation**
Have the student or patient palpate the chest wall to recognize the feeling of a normal rib formation.
- D. Recognize Mammary Ridge**
Assist student or patient in locating and recognizing the mammary ridge. More prominent in some women than others.
- E. Detect Abnormalities**
Tell the student or patient that there are abnormalities in the model without pointing out these locations. The student or patient should examine the model by palpation until all abnormalities have been located.
- F. Describe Abnormalities**
Encourage the student or patient to describe the abnormalities: size, location, depth, firmness, etc.
- G. Encourage Frequent Self-Examination**

Care of the Simulator

Great care has been taken to design and produce the most realistic model possible for practicing breast palpation. If the model is used carefully and handled as one would a patient, this simulator will provide years of service. Following are a few tips on caring for your *Life/form*® Model:

A. Store in Supplied Container

The vinyl skin of the model is subject to staining from inks. Avoid contact with printed surfaces.

B. Cleaning

When skin shows soiling, it can easily be cleaned with a mild solution Ivory® liquid soap and water. Do not use abrasive or chemical cleaners. REN cleaner (W09919U) will remove stubborn stains from simulator. Simply spray soiled area and wipe clean with a soft cloth or paper towel

C. Replacing Components

Replacement parts are available for the breast mass and skin. Should it become necessary to replace any of these components, use the following instructions:

1. Remove Skin. Disconnect all snaps on back of model. Carefully stretch one corner of skin over frame of model. Other corners should be easily removed.
2. Position Breast Masses. Lay model on its back on table and position both breast masses on foam back. Seams should be against back of model.
3. Place Skin Over Model. While laying flat, place skin over model so breast masses will remain in proper location.
4. Work Skin Over Each Corner of Framework. Be careful not to stretch the skin to the extent that tearing will occur.
5. Fasten Snaps. Tip model upright and fasten snaps.

Cautions

Solvents or corrosive materials will damage the simulator. Never place simulator on any kind of printed paper or plastic. These materials will transfer indelible stains. Ball-point pens will also make indelible stains.

Supplies/Replacement Parts for the Breast Examination Simulator:

LF00988U Normal Breast

LF01015U Abnormal Left Breast

LF01014U Abnormal Right Breast

WA09919U REN Cleaner

We wish to acknowledge the Breast Cancer Detection program at Tucson, Arizona; and Mary E. Pautz, R.N., M.P.H., Associate Clinical Professor at the University of Wisconsin School of Nursing, for their guidance in the design of this **Life/form**® Breast Examination Simulator.

About the Simulator...

The **Life/form**® Breast Examination Simulator allows you to demonstrate proper techniques for breast examination in private or in group session and enables a woman to practice self-examination under the supervision of a health care professional without embarrassment.

Special vinyl formulations have been used to create the most lifelike look and feel possible. The simulator allows women to practice all phases of breast examination in both sitting and prone positions. This lightweight simulator is designed with a concave back to allow placement against the patient for ease in demonstrating or practicing palpation techniques.

List of Components

The **Life/form**® Breast Examination Simulator includes an American Cancer Society guide to breast examination. To provide maximum life for this simulator, it has been designed with replaceable components. Replacement skins and breast masses are available and can easily be installed.

Internal Structure

A. Fluid Breast Mass

In contrast to foam, which tends to compress under palpation, a fluid material has been used to simulate the breast mass. As you depress the mass, it displaces laterally to give realistic sensation.

B. Palpable Ribs

To provide more realism, the simulator has been designed with palpable ribs. The fluid breast mass will allow the student or patient to palpate the chest wall and learn to distinguish the normal feeling of the ribs from abnormalities.

C. Mammary Ridge

The model includes a distinguishable mammary ridge so the student or patient can detect the difference in this normal structure from abnormalities. As with the real breast, the ridge is most detectable under the breast.

D. Abnormalities

Both breasts include two different types of abnormalities.

1. Left Breast

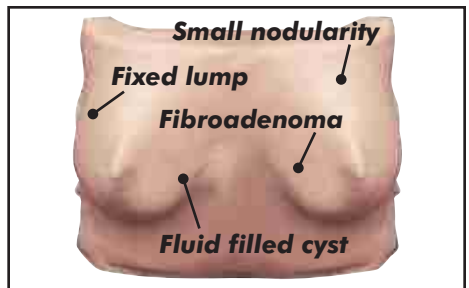
- Small Nodularity — Located in the upper, outer quadrant. Granular or shotty texture, usually bilateral, and may be associated with benign fibrocystic disease of the breast.
- Fibroadenoma — Located in the lower, inside quadrant. Freely movable, “slippery,” firm discrete mass usually benign, but must be diagnosed by biopsy.

2. Right Breast

- Fixed Lump — Located in the upper, outer quadrant. Sometimes edges are indistinct, hard, non-movable. Can be indicative of malignancy.
- Fluid Filled Cyst — Located in the lower, inside quadrant. Increased density in breast caused by fibrous tissue. Can be indicative of malignancy.

General Instructions for Use

The structure of the back has been curved to allow positioning on the student’s or patient’s lap or against the chest for convenient use.



Other Available *Life/form*® Simulators

- LF00698U** Adult Injectable Arm (White)
LF00856U Female Catheterization
LF00901U Prostate Examination
LF00906U Ostomy Care
LF00929U Surgical Bandaging
LF00957U Enema Administration
LF00958U Pediatric Injectable Arm
LF00961U Intramuscular Injection
LF00984U Breast Examination
LF00995U Arterial Puncture Arm
LF00997U Adult Injectable Arm (Black)
LF00999U Pediatric Injectable Head
LF01008U Intradermal Injection Arm
LF01012U Heart Catheterization (TPN)
LF01019U Ear Examination
LF01020U Supplementary Ear Set
LF01025U Male Cath-Ed I
LF01026U Female Cath-Ed II
LF01027U Peritoneal Dialysis
LF01028U Suture Practice Arm
LF01036U Spinal Injection
LF01037U Hemodialysis Arm
LF01062U Pelvic, Normal & Abnormal
LF01063U Stump Bandaging, Upper
LF01064U Stump Bandaging, Lower
LF01069U Cervical Effacement
LF01070U Birthing Station
LF01082U Cricothyrotomy
LF01083U Tracheostomy Care
LF01084U Sigmoidoscopic Examination
LF01087U Central Venous Cannulation
LF01095U Blood Pressure Arm
LF01108U Intraosseous Infusion Simulator
LF01121U Advanced IV Arm
LF01139U Advanced IV Hand
LF01142U Auscultation Trainer
LF01162U Venatech IV Trainer
LF03000U **CPARLENE**® Series
LF03601U Adult Airway Management Trainer
LF03602U Adult Airway Management on Manikin
LF03603U Adult Airway Management Head Only
LF03609U Child Airway Management Trainer
- LF03610U** Child Airway Management Trainer Head Only
LF03611U Child Defibrillation Chest Skin
LF03612U Child IV Arm
LF03613U Child Blood Pressure Arm
LF03614U Child Intraosseous Infusion/ Femoral Access Leg Only
LF03615U Complete Child **CRiSis**™ Update Kit
LF03616U Child **CRiSis**™ Manikin
LF03617U Deluxe Child **CRiSis**™ Manikin with Arrhythmia Tutor
LF03620U PALS Update Kit
LF03621U Infant Airway Management Trainer Head Only
LF03622U Intraosseous Infusion Right Leg
LF03623U Infant Airway Management Trainer
LF03626U Child Femoral Access Injection Pad Replacement
LF03632U Child Intraosseous Infusion/ Femoral Access Leg on a Stand
LF03633U Child Airway Management Trainer with Torso
LF03693U **Basic Buddy** CPR Manikin
LF03699U "Airway Larry" Airway Management Trainer
LF03720U **Baby Buddy** Infant CPR Manikin
LF03953U **CRiSis**™ Manikin
LF03955U Deluxe **CRiSis**™ Manikin
LF03965U Deluxe "Plus" **CRiSis**™ Manikin
LF04001U **GERi**™ Nursing Manikin
LF04020U **KERi**™ Nursing Manikin
LF04021U **KERi**™ Basic Manikin
LF04022U **KERi**™ Advanced Manikin
LF04030U **GERi**™ Advanced Manikin
LF04040U **GERi**™ Basic Manikin
LF06001U **CPR Prompt**™ Adult/Child Manikin
LF06012U **CPR Prompt**™ Infant Manikin
LF06200U **CPR Prompt**™ Keychain Rescue Aid
LF06204U **CPR Prompt**™ Rescue and Practice Aid

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