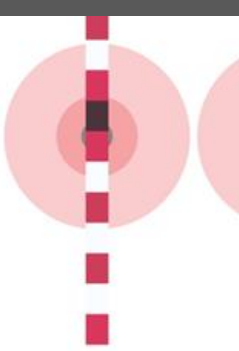




TACTILE BREAST EXAMINATION



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ABOUT THE PROJECT

- Discovering Hands is an innovative program developed by German gynaecologist Dr. Frank Hoffmann
- An accessible breast screening for women of all age groups
- Women with Visual impairment are trained to use their superior sensory touch to detect any abnormalities in the breasts and early signs of breast cancer
- Medical Tactile Examiners (MTEs) conduct a detailed, safe, repeatable and accurate clinical breast examination without any side effects.



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Step 1

Medical Tactile Examiner begins the check up with

Documenting Detailed Medical history

Which includes questions related to

- lifestyle
- menstruation
- Family history etc



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Step 2: In sitting position

2.1 Superficial examination of the breast



2.2 Examination of lymph nodes



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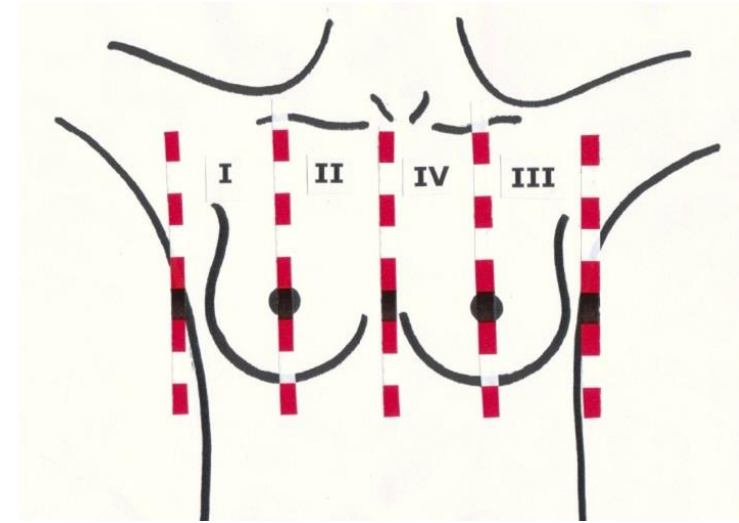
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Step 3: In supine position

- The breast area is divided into 4 zones.
- Skin Friendly DOCOS Tapes with braille dots are placed on the chest bone and on both sides of the breasts to divide it in zones



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DOCOS Tape

Tactile Breast Examination is conducted using Braille strips known as Documentation and Orientation (DOCOS) tape

DOCOS strips are skin friendly strips with both Braille and color coordinated boxes

Each box is measured 1 cm which is how MTE are able to locate the exact position of their findings(if any).



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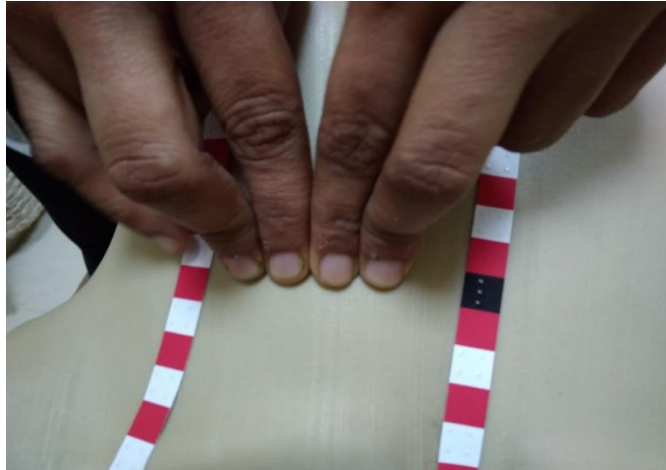
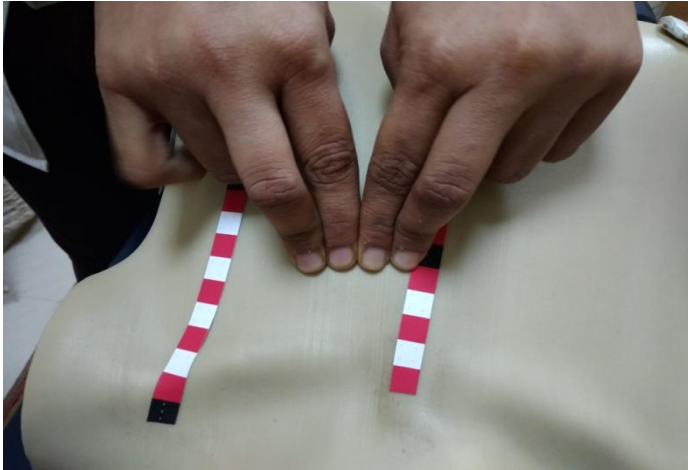
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Step 4

- They use three different pressures to check presence of any abnormality or lump in the breast.
- The breast is checked in 4 different positions
- MTE move their fingers parallel from one Braille tape to another covering the full breast cm by cm



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Step 5

Tactile Breast Examination is a thorough 35-45 minutes breast check up covering all 4 zones of the breast. Post checkup, MTE

- Documents the screening result in the patient's history form
- Forwards the report to the concerned doctor for review and doctor advises ultrasounds/mammography, if required
- Teach Self Breast Examination to the woman



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