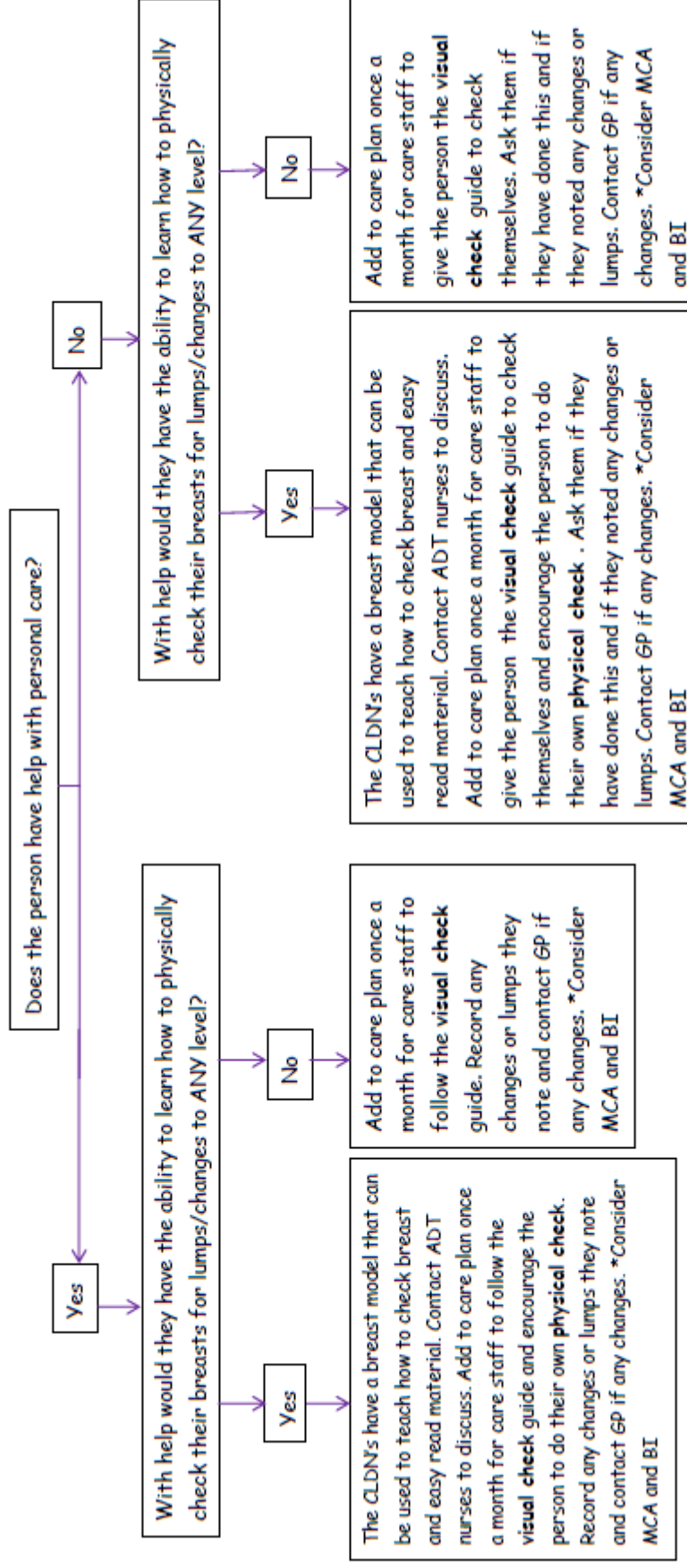




Check your
breasts for
lumps

A Guide for checking breasts

Breast cancer affects 1 in 8 women so it is vital to ensure that these checks are included in a care plan and followed to help support people with LD check their breasts. Around 400 men a year are also diagnosed with breast cancer so it is important to be aware of this.



*It is important to consider mental capacity and act in the person's best interest if the person is not deemed to have capacity around this decision. C.U.R.B. can be used to help aid your assessment regarding capacity. [communicate Understand Retain Balance]



Visual Breast Checks



Breast cancer is the most common cancer in the UK; 1 in 8 women and 1 in 870 men will be diagnosed with breast cancer in their lifetime (Cancer research UK, 2014).

Many people with learning disabilities have annual health

checks every year and this may be the only time they have an opportunity to have a physical breast check.

Many people with a learning disability will not have the ability or mental capacity to know how and why to check their own breasts regularly for changes which may indicate breast cancer. This puts them at a greater risk as early diagnosis is key to successful treatment.

Carers are not able to do physical checks however they can do visual checks on people they provide personal care for. These visual checks can be built into personal care plans to ensure these checks are completed regularly and any changes are checked with their GP.

What To Do



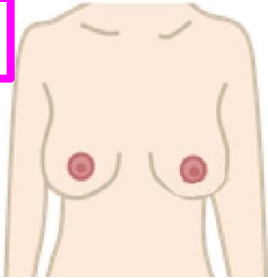
Once a Month everyone should check their breasts:-

1. Look at the *Guide* for checking breasts and make a monthly breast check plan from this
2. If you wash and dress independently, then once a month someone who supports you should laminate a copy of both the physical and visual check guides and remind you to do this. You or they should fill in the recording form.
3. If you have help with washing and dressing then the person who helps you should laminate a copy of both the physical and visual check guides and should do the visual check with you. They should encourage you to do as much of a physical check on yourself as you can. They should fill in a recording form.
4. Carers must consider your capacity and where someone lacks capacity to understand why visual checks are carried out, they should evidence that a best interest decision has been made.



Doing a Physical Breast Check

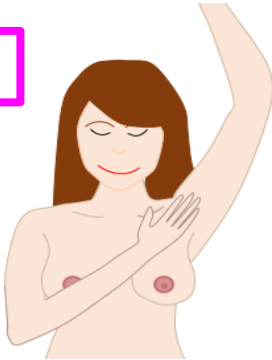
1



Look at your breasts in the mirror. Check how they look.

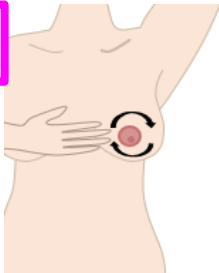
- Can you see any lumps?
- Can you see any swelling ?
- Can you see any new changes in size or in your skin?

2



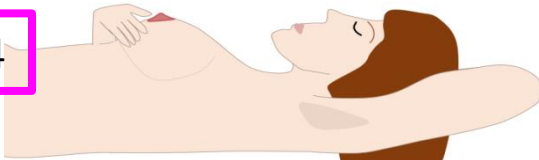
Raise one arm so you can feel for any lumps in your arm pit and just below. Do the same again with the other arm.

3



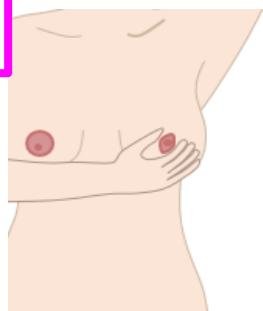
With one arm raised use your other hand to press around the breast in a circle. Do this again with the other arm raised.

4



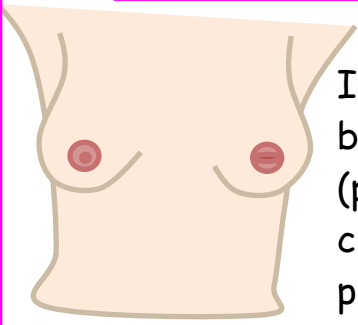
Lay down and place one arm above behind your head. With the other hand using your middle fingers press around the breast in a circle.

5

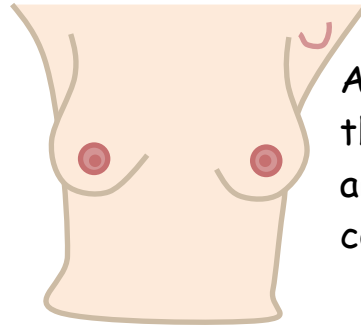


Use your fingers and your thumb to gently squeeze each nipple. if you see that it leaks you need to make an appointment with your doctor straight away.

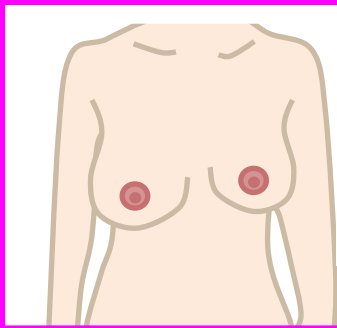
Doing a visual breast check



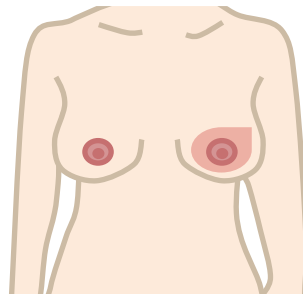
If the nipple becomes inverted (pulled in) or changes its position or shape.



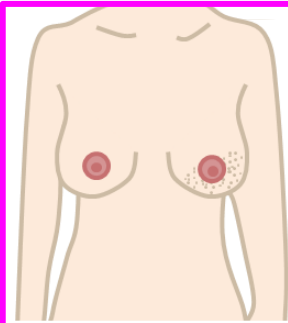
A swelling in the armpit or around the collar bone.



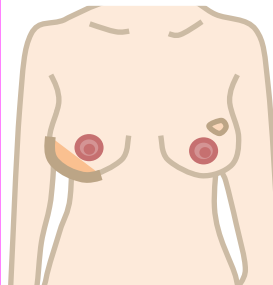
A Change in shape or size of breast.



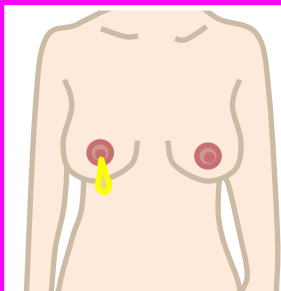
Redness or heat rash on the skin and or around the nipple.



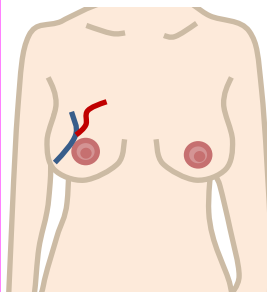
A change in the texture of the skin such as puckering or dimpling (like the skin of an orange)



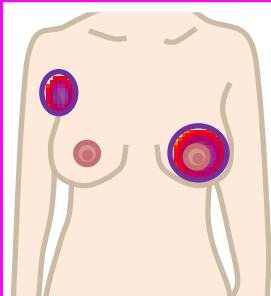
A lump or a thickening that looks different from the rest of the breast tissue.



Discharge (liquid) from one or both of the nipples.



New or growing vein.



Constant pain in your breast or your armpit.



Any Changes need to be Checked Out with the GP



Understand about Breast Screening



Breast Screening

If you are between the ages of 47 and 73 you may soon be invited to a Breast Screening Appointment.



This is really important because it checks for lumps in your breast that are too small for you to feel. Lumps are sometimes cancer and if a cancer lump is not treated you can die from it.



1 in 8 women get breast cancer in their life so it is really important to check it out when you are invited to screening.



When you get your invitation someone will help you to look at these websites and leaflets so you know what is going to happen.

[http://www.easyhealth.org.uk/listing/breasts-\(leaflets\)](http://www.easyhealth.org.uk/listing/breasts-(leaflets))

There are lots of different easy read leaflets here.

<https://www.nhsfife.org/nhs/index.cfm?fuseaction=nhs.servicedisplay&objectid=DEF92B1B-02E6-5981-50D359280FE64710&OrgID=60304279-A856-11D6-BF4D0002A5349AC9>

This is a really good video, made in Scotland, that show you exactly what will happen.

<http://www.nhs.uk/conditions/breast-cancer-screening/Pages/Introduction.aspx> This is the NHS website. It isn't easy read but has more information about the risks and benefits of breast screening if you want to read more.



If you cant use the internet and don't have anyone to help you to understand this information

Call 0300 123 4042

as for a Community Learning Disability Nurse

They will be able to help you.

Breast Screening Service



If you think you are going find it difficult to access the mobile unit or you need some extra help or reasonable adjustments to be able to be screened then contact the screening service.

They will be able to arrange for you to be screened at the main centre in Luton.

Luton - Beds & Herts Breast Screening Centre

Lewsey Road
Luton
Bedfordshire
LU4 OEP

They can make the reasonable adjustments you need

T E A C H

Time - to relax and get used to the idea

Environment - that is bigger and not so busy

Attitude - to help you feel confident and not scared

Communication - in a way that helps you understand what is happening

Help - from someone you take with you

Breast Screening Capacity Assessment Guide for people who support someone with a learning disability

1. Go through the easy read information on breast cancer and breast screening with the person
2. Check if the person can Communicate, Understand , Retain and Balance the risks and benefits of having their breasts screened.
3. Remember – you are checking if they understand the health risks of not being screened. Do they understand what the breast screening is looking for [lumps]? And what could happen to them if they have a lump which isn't detected [cancer which may cause death] ?
4. If the person does not have the capacity to understand the health risks of not being screened then a Best Interest Decision needs to be made.
5. 1 in 8 women are diagnosed with breast cancer in their life so it is usually in someone's best interest to try and enable them to be screened.
6. Consideration for making a best interest to not screen would related to:-
 - a) Trauma through Significant emotional distress
 - b) Harm to self and others
 - may result in the best interest decision indicating that the risks outweighing the benefits and breast screening should not be undergone. This decision should be done with a multidisciplinary discussion to ensure all possibilities are considered, including whether they have a family history of breast cancer.

Before attending the screening – The following should be completed by people who are familiar with how the person verbalizes or shows signs of varying degrees of distress. This should be given to the screening service before starting to aid their decision as to when they should stop the screening process, if necessary.

GREEN – This is when the persons is showing no signs of distress or anxiety and their behavior indicates that they are comfortable to proceed.

Consider the persons known behaviors and verbal indicators eg noises they make, actions, phrases, facial expressions, body language etc.

Are there any key phrases, actions or behaviors that the screener can use to support them staying at this level?

AMBER – This is when the person is showing signs of being nervous / anxious / uncomfortable but not so distressed that the screening process should be stopped. At Amber, the persons anxiety would immediately stop if the procedure stopped and they would immediately return to their emotional norm.

Consider the persons known behaviors and verbal indicators from previous experience of them being in a situation where they felt anxious / nervous / uncomfortable eg high pitched squeal but staying still, jumpy, clenching teeth, saying 'nononono' swearing etc

Are there any key phrases, actions or behaviors that the screener can use to support them staying at this level?

Are there any key phrases, actions or behaviors that the screener can use to support them staying at this level?

RED – This is when the person is becoming unduly distressed and that the procedure is proving too traumatic for them. The difficulty is that once the procedure is complete they will still be distressed afterwards and struggle to return to their emotional norm. The procedure must stop at level Red.

Are there any key phrases or actions or behaviors that the screener can do to help them through this anxiety?



If you need to
have more tests



After Breast Screening if you need more tests



After you have been for breast screening you may need to have some more tests. These could be blood tests or a lump biopsy .



Your doctor will talk to you about this and what tests you need



Here are some useful links to information about what can happen after your screening.

[http://www.easyhealth.org.uk/listing/breasts-\(leaflets\)](http://www.easyhealth.org.uk/listing/breasts-(leaflets))

<https://www.macmillan.org.uk/information-and-support/diagnosing/how-cancers-are-diagnosed/breast-screening/if-further-tests-are-required.html>

<https://www.breastcancercare.org.uk/about-us/news-blogs/news/i%E2%80%99ve-been-recalled-after-mammogram-have-i-got-breast-cancer>