

Support for the CBE course

This course was a convenient and effective way for me to learn of the updated breast exam techniques and revisit risk management.

Marilyn P. Webber, M.D.
Portland Obstetrician/Gynecologist and CBE
Faculty

I encourage you to consider this unique learning opportunity to enhance your skills for breast cancer detection. I think you will agree that it is both comprehensive and very helpful to you and your patients.

Mark Herscher, D.O., Family Physician,
Douglas County

Data on this program demonstrate measurable improvements to clinical breast examination sensitivity and accuracy rates among primary care providers who have successfully completed the course.

John T. Vetto, M.D., Associate Professor of
Surgery, (Surgical Oncology), OHSU School of
Medicine

I think this is an excellent course. Many providers who have taken it have told me how much more confident they are in the breast exam they provide, and they become far more efficient in their management of breast complaints.

Nathalie Johnson, M.D., General Surgeon and
Medical Director, Comprehensive Legacy
Cancer Services and Breast Health Centers



CLINICAL BREAST EXAMINATION: A Comprehensive Approach to Cancer Detection and Follow-up of Clinical Findings

*A unique skill-based course for
primary care clinicians and other
providers of screening services for
women*

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CLINICAL BREAST EXAMINATION:

A Comprehensive Approach to Cancer Detection and Follow-up of Clinical Findings

A Skills-Based Course Designed for

- Physicians
- Nurse Practitioners
- Certified Nurse-Midwives
- Physician Assistants
- Naturopathic Physicians

Course Objectives

- 1) To increase knowledge of
 - Breast anatomy and physiology
 - Elements of a complete breast health history
 - Risk assessment issues related to breast cancer
 - Screening and diagnosis
 - Essential elements of a comprehensive clinical breast examination (CBE)
- 2) To improve clinical skills in
 - Clinician-patient rapport, communication and patient education surrounding breast exams
 - History-taking and risk assessment around breast health
 - The four 'D's of comprehensive CBE
 1. **Detection** of lumps
 2. **Description** of findings
 3. **Discrimination** between concerning and probably benign findings

4. **Decision-making** and documentation of plan of action

Course Components

Both course components are required for CME credit.

1) Self-Study Module (1.5 hour)

The prerequisite self-study module covers

- CBE risk management
- Anatomy and physiology as related to clinical and mammographic findings
- Patient education and cancer risk assessment
- Plan of action for normal as well as abnormal CBE findings
- A video review of the Vertical Strip 3-Pressure Method (VS3PM) of performing CBE

2) Skills Practicum (2.5 hours)

The skills practicum, conducted with a CBE faculty instructor and patient instructor includes

- Instruction and practice of techniques to maximize lump detection and differentiation.
- Practice in an exam room with the faculty instructor and a patient instructor, who will provide you with immediate feedback for refinement of your palpation skills.

How to register

The course begins with completion of the Self-Study Module and is followed by a 2.5 hour interactive skills practicum with a CBE faculty member and a patient instructor. The skills practicum portion of the training will be arranged for you either during a visit to Portland or when a CBE faculty and patient instructor plan to visit your community. For more information or to register, call 503-494-1492, or e-mail bhep@ohsu.edu. Please include your name,

address, work and home phone numbers, e-mail address, and profession/specialty.

Upon confirmation of your registration, you will be given access to the online Self-Study Module and an appointment will be made for your practicum.

Tuition

Full tuition is \$350.

Participants should check with their insurance companies to find out whether or not they provide incentives to participate in the OHSU CBE course in the form of tuition discounts, credits towards a premium reduction, or both.

Continuing Education Credit

Accreditation

Oregon Health & Science University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit

OHSU School of Medicine, Division of CME, designates this educational activity for a maximum of *4.0 AMA-PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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The course curriculum was developed by a national group of breast cancer experts, sponsored by the California Department of Health Services. Artwork provided by the Cancer Detection Section, California Department of Health Services.
