

How to discuss breast health with patients

Coppafeel! encourages young people to get to know their boobs to increase the chances of earlier diagnosis of breast cancer and now the charity is working with healthcare professionals too.

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www.pcwhf.co.uk/HLHH

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YOUNG WOMEN TOLD US THAT GPs ARE THE MOST INFLUENTIAL HEALTHCARE PROFESSIONALS TO ENCOURAGE THEM TO START REGULARLY CHECKING THEIR BOOBS

BOOB-CHECKING RECOMMENDATIONS

1. Check whichever way feels comfortable for you.
2. Get to know what normal feels like for you.
3. Check regularly. Roughly once a month.
4. Check up to your collarbones and under your armpits.
5. If you notice any changes or anything that seems unusual for you, monitor for a week and then get it checked out with a GP.

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- Consider the opportunities – sexual health appointment? Cervical screening? Practice nurse appointment? All are potential opportunities to encourage checking. Coppafeel! provides handy wallet-sized checking cards which include signs/symptoms and the text reminder number, for monthly prompts.
- Reassure them by telling them they know their boobs better than anyone else.
- If young people present with symptoms – consider each case individually and avoid assumptions based on age or previous investigations.
- When considering a referral – don't delay referral due to pregnancy (ultrasound can be used to screen younger breast tissue). Refer to the NICE guidelines, but if in doubt refer to the breast clinic.

To order your free pack of resources for patients or posters/slides for your practice, go to: coppafeel.org/at-surgeries. For more information, go to coppafeel.org.