

HPI: 31-year-old African American female presented with c/o lump to right upper breast she noted 2 weeks ago while in the shower. She denies breast pain or discharge from nipples.

Past medical history: none

Medication: none

Social History: She does not smoke, drink, or use drugs. Her sister, who was also your patient, died from breast cancer 2 years ago.

Gynecologic History: G2P2; sexually active with her husband. Monogamous relationship. Uses condom as a form of contraception. LMP: 3 weeks ago, regularly menstruate and uses 4-7 pads on the first 3 days of menstrual period. Denies changes in menstrual flow.

ROS

General: Denies any fever, fatigue, weight loss/gain

Cardiovascular: Denies chest pain, palpitations

Respiratory: Denies SOB at rest, cough or wheezes

Chest: (+) right upper breast lump, non-tender

Genitourinary: Denies burning on urination, dysuria and/or frequency, denies any change in bladder control

PERFORM YOUR ASSESSMENT SKILLS FIRST THEN FLIP THIS PAPER

PHYSICAL EXAMINATION

General: AA0x4

Vital signs: Temp: 98 Heart rate: 62, BP: 122/65, RR: 20; BMI: 30

Gen: AAO x 4

Breast: Right breast noted with soft, round, mobile, non-tender, lump with well-defined and smooth border. Approximately 10 mm in size, located at 3 o'clock. Nipples are non-inverted, no discharge. NO lesion noted

LEFT breast: no tenderness, no lymphadenopathy no axillary or supraclavicular node enlargement, no skin changes, no discharge, symmetrical

Heart: PMI (point of maximal impulse) palpable in the left 5th intercostal space, midclavicular line, normal rate and rhythm, no murmurs noted

Respiratory: Symmetrical chest expansion with breathing, no spinal tenderness, and no CVA (costovertebral angle) tenderness

Abdomen: (+) BS x 4 quadrants, soft, non-distended, non-tender on palpation,