

WEEK 2: THE BODY & OUTSIDE OF THE BREAST

Props needed:

- Anatomically detailed doll (female)
- Videotape (*Let's Talk About Health: What Every Woman Should Know*)
- VCR and TV monitor
- Breast models with smock
- Breast poster
- Lotion
- Feathers
- Clothespins

Set up:

- Forward video to begin at the breast self-exam.
- Place breast model(s) and smock(s) on table
- Hang up breast poster
- Place other supplies (dolls, lotion, feathers, clothespins) in convenient location

1. REVIEW JOBS FOR HEALTH

This past week's jobs for health was to practice relaxing with your feather, look at your body in the mirror, and think about what makes your body feel good.

Example of questions to initiate discussion:

- *Did you look at your body?* Many women will not have done this. You may choose to ask why not. Discussions about feeling uncomfortable often follow.
- *What was that like?*
- *What can we do if we feel nervous or uncomfortable?* Have someone demonstrate easy breathing from last week. It may be necessary to remind them that they can practice with the feather.
- *What kinds of things make your body feel good?*



2. THE OUTSIDE AND INSIDE OF THE BODY (DISCUSSION)

This week we're going to begin learning about the inside and outside parts of our body.

The Outside:

- *What parts of your body are on the outside? (things you can see) [Look at female doll]*
Skin, lips, arms, hair, legs, nails...
- *What are problems that you can have on the outside of your body?*
Cuts, bruises, dry skin, chapped lips, broken finger nails...
- *Who takes care of the outside of your body?*
You do!

The Inside:

- *What parts of your body are on the inside? (where you cannot see)*
 - Stomach, brain, heart, bladder, bones...
- *What happens if you have a problem on the inside of your body and you can't see what is wrong?*
 - Go to the doctor! *You will know that something is wrong because your body may hurt or not feel right. Or it might not do what it usually does. For example, you might have a stomachache, it may sting when you urinate, or you might not have a bowel movement when you usually do. You can't see your insides to know exactly what is wrong so you need someone to help you.*
- *So who can take care of the inside of your body?*
 - The doctor... *BUT it is YOUR JOB to let the doctor know when there is something wrong or if something hurts inside. You can also tell a staff person or family member to assist you with calling the doctor.*

3. LEARN ABOUT BREASTS

Last week, we said that one of the things that made women special is that they have breasts. So let's talk about our breasts now. First, let's look at a poster and see if we can name all the parts.

Picture of a breast

- *The areola (pronounced ah-re'o-lah) is the big round circle in the center of the breast. It might be pink or brown.*
- *The nipple is the raised part in the center of the areola.*

What are breasts for?

Example answers:

- Mammary glands in the breasts produce milk for mothers to feed their babies.
- Breasts are full of sensitive nerves that may feel good when touched.

How do you take care of breasts?

Example answers:

- Wash underneath them and dry carefully and thoroughly.
- Wear the right size bra.
- Do self breast examinations.

Why do we wear bras?

Example answers:

- A comfortable bra feels good.
- Our clothing looks better with a bra on.
- A bra can stop our clothes from being see-through.
- When our breasts are large or heavy it feels better to have support.
- Wearing a bra and supporting our breasts can be good for our backs, especially if we have large breasts.

These are suggestions for why we might wear bras. There is no law saying a woman must wear a bra at all times.

When do we not wear bras?

Example answers:

- When we go swimming
- When we take a shower
- When we sleep

What problems can you have with your breasts on the outside?

Example answers:

- Your bra may not fit right.
- You might have problems using the fasteners on your bra and closing it properly.
- Soreness in your breasts during your period.
- A rash underneath your breasts.

What can you do if you have a problem?

Example answers:

- Ask your staff or parent to take you to buy a new bra.
- Take a bus, taxi, or walk to the store to buy a new bra.
- Sales people can help you to find bras that are easy to fasten and fit right.
- You can buy a sports bra with no fasteners.
- See the doctor for a rash or other problem that you don't know how to handle.



4. ROLE-PLAY ACTIVITY

Each week, we will pretend to have problems that we need help with. It's OK if you don't know how to do this or feel shy because we will help you along the way. So let's try some. _____ (one facilitator) is going to pretend she wants to buy a new bra. She's going to ask _____ (another facilitator), who is pretending to be a staff or a family member, for some help.

A. MODELING THE WRONG WAY TO SOLVE A PROBLEM

One facilitator asks the other facilitator for some help purchasing a bra. The first time, the question is asked quietly with no eye contact, with the staff acting as if she doesn't understand.

B. HAVE MEMBERS POINT OUT WHAT THE FACILITATOR DID WRONG IN ASKING FOR HELP

Possible problems include: no eye contact, mumbling, covering her mouth with her hand, hiding her face, not stating exactly what she wanted (i.e., not being able to say bra), becoming frustrated with the staff facilitator, not knowing if the staff facilitator is listening.

C. MODEL THE CORRECT WAY TO SOLVE A PROBLEM

The facilitators will again act out the scenario, but will use the correct suggestions provided by the group members. It may be helpful to then have the women discuss what the facilitator did correctly.

D. ROLE PLAY

The group members will each do a role-play and the group and facilitator will point out things done correctly. Offer any advice for improvement. During this first role-play experience, it may be helpful to have a facilitator act as staff for each of the women. After all of the women in the group become more comfortable with role-plays, the group members may choose to act out the scenarios with their actual support staff or other group members. The facilitator, however, should help to guide the role-play correctly. Remember to interrupt and provide corrective feedback if participants make mistakes. It is very important for them to practice the correct way to solve a problem.

Think about what you could do if you had one of these problems and then practice asking for help.

Possible role-plays for this week are:

1. Your bra is leaving marks on your skin where the straps are.
2. Your bra has holes in it.
3. Your bra is all stretched out and sagging.
4. Your breasts are sore. (You want to see a doctor.)
5. There is a painful spot on your breast. (You want to see a doctor.)

SUMMARY

If we have a problem, like a bra that does not fit, we can take care of it ourselves. If there is something wrong that we can't see (remember, when our insides hurt or don't feel like they normally do), we need to go see the doctor.

4. BREAK

A group member who volunteered the week prior supplies snack. Note healthy choices and invite the group member to explain why she selected those healthy choices. Decide who will bring snack for the next group.

5. BREAST SELF-EXAMS

Has any one ever had a doctor check their breasts? What does the doctor do?

Example answers:

- Touch
- Push
- Squeeze

*We can do the same thing ourselves to make sure our breasts are OK **before** we see the doctor; we call this a breast self-exam. We check our breasts to feel for lumps inside that could be cancer.*



BREAST SELF-EXAM (BSE) VIDEO CLIP

Play the video of a woman in her bedroom doing a breast self-exam *Let's Talk About Health: What Every Woman Should Know. Our bodies are our responsibility so we need to be comfortable checking our own breasts. We do this so that we can help the doctor find problems or lumps, and so that when doctors examine our breasts, we are prepared and comfortable.*

DISCUSSION OF VIDEO

What was she doing?

- She was checking her breasts in her bedroom.
- She used small circles to feel inside the entire area of both breasts for lumps.
- She squeezed her nipple at the end to look for fluid.

Where would be a good place to do your breast self-exam?

- A private place like the bathroom or your bedroom.

Who should do your breast self-exam?

- **Only you, your doctor, or your nurse** should be checking your breasts. (Not friends or staff)



6. PRACTICING THE BREAST SELF-EXAM AND RELAXATION

If there are more than 4 women in the group, the women should split into two smaller groups. One group will work with the breast models with the smock and learn to do a breast self-exam with one of the facilitators. The other group will work on relaxation exercises with the second facilitator.

- After a set amount of time (usually 15-20 minutes), the groups should switch.
- The facilitator should review the instructions in “Breast Health Access for Women with Disabilities: BSE Instruction Protocol” (in Appendix K) , in case some women have trouble with the traditional suggested BSE technique.

THE BREAST SELF-EXAM (BSE)—GROUP ONE

It is imperative that the facilitator uses the breast models (sizes A, B & C) and the smock as aids for the following instructional. Place the breast models and smock on a table, taking care that no one’s view is obstructed.

Note: We have not provided a script for this section, although the facilitator should communicate the “points to remember” and “BSE instructions” listed below to group members. For instruction to flow as naturally and as clearly as possible, we suggest that the facilitator review and practice this section repeatedly before actually teaching it to the group.

Points to remember

- The BSE should be done in a private place.
- The BSE should be done at least one time a month.
- Pick a date or a certain number of days after your period to help you remember to do it. We suggest 3 days to a week following the end of your period. If you do not get your period or if that is too hard to remember, do your BSE every month on your birth date.
- Examine the entire breast including breast tissues under the arm and between the breasts.

BSE Instruction

1. The first circle is made with a soft touch, the second using a medium pressure, the third a very firm pressure. Take care to differentiate between a rub and a poke. Women will often poke instead of using a careful touch (like putting on lotion).

- Demonstrate using a circular motion and appropriate pressure by rubbing hand lotion on each woman’s forearm. The woman should then demonstrate on the facilitator’s forearm.

2. Demonstrate the BSE technique on the breast model placed on the table.

3. Then, to simulate doing an actual breast self-exam, put on the smock and demonstrate how to examine the breast model in the smock's pocket. It is preferable to have the women lie down to practice BSE since they would probably lie down at home.

- Remember to raise your arm over your head. This should be the arm on the same side of the body as the breast you are checking.
- Using the soft part of the *three* middle fingers, make *three* circles pressing flat in each spot that is examined on the breast.

Potential problems:

1. Women often cannot physically move and keep their pinky down without help. It may be necessary to put their hands in the correct position if you find they have problems. If they still cannot do this, instruct them to at least not use their thumbs when checking their breasts.
 2. Women who have physical limitations may prefer to practice the circular motion in private. Please refer to instructions "Breast Health Access for Women with Disabilities: BSE Instruction Protocol" (in Appendix K)
 3. Women also have difficulty understanding how to use the *pads* of their fingers instead of the *tips*. You may need to point out the difference.
- Move to a new spot after each set of circles, making sure to cover the entire breast. Hand-over-hand instruction is necessary for many of the women. Be sure to ask each woman who might need hand-over-hand if it is okay for you to guide her hand over the breast model *while it is still on the table*.
 - Don't forget to squeeze the nipple. Use two fingers in a scissors-like motion or two hands as seen on the video.
 - Remember to check both breasts!

After demonstrating BSE, give each participant a chance to try out the technique

- First, on a breast model placed on the table.
- Then again, wearing the smock with the breast model in the front pocket.

BEHAVIOR RELAXATION—GROUP TWO

First we will review the first four relaxed body positions. Ask participants to recall the positions learned last week. Praise accurate descriptions or demonstrations.

A. BODY

The first relaxed posture is called "body." Your body is relaxed when your chest and hips are straight in the chair with no movement. (Demonstrate)

Your body is unrelaxed is it is crooked in the chair, if any part of your back or hips are lifted from the chair, or if you move your body. (Demonstrate)

Please relax your body.

Feedback for each person: (Positive) *Good, now take a few moments to notice the way your body feels as you relax your body.* (Corrective) *You seem to be a little twisted to the right/left. Or you are moving your body* (Demonstrate). *Good job!*

Repeat the above sequence until all participants have learned the relaxed posture.

B. HEAD

The next relaxed posture is called "head." Your head is relaxed when it is resting on the wall or facing straight. (Demonstrate)

Your head is unrelaxed if it is tilted or turned to either side or tilted up or down. (Demonstrate)

Please relax your head.

Feedback for each person: (Positive) *Good, now take a few moments to notice the way your neck feels as you relax your head.* (Corrective) *That is close but your head is tilted slightly. Can you move your head like this?* (Demonstrate). *Good job!*

Repeat the above sequence until all participants have learned the relaxed posture.

C. QUIET

The next relaxed posture is "quiet."

You are quiet when you are not making any noise such as talking, loud sighs, or snores (Demonstrate).

All right, please show me quiet for the next few moments.

Feedback for each person: (Positive) *Good job. Notice the relaxed feelings in your throat and chest as you relax quietly.* (Corrective) *You need to try to be quiet while we are relaxing.* (Demonstrate). *Good job!*

Repeat the above sequence until all participants have learned the relaxed posture.

D. BREATHING

The next relaxed posture is called “breathing.”

Your breathing is relaxed when it is slow and regular (Demonstrate). It is not relaxed if it is rapid or if there are interruptions such as coughing, yawning, sneezing, sniffing, or talking.

Please show me how you can do relaxed breathing.

Feedback for each person: (Positive) *Good job. Notice the relaxed feelings in your chest as you breath in a relaxed way.* (Corrective) *You need to breath slowly like this (Demonstrate). Please take a deep breath slowly when I say “in” and breathe out slowly when I say “out.” Good Job.*

Repeat the above sequence until all participants have learned the relaxed posture.

Now we will learn some new positions so we can do them all together.

E. FEET

The next relaxed posture is “feet.”

Your feet are relaxed when both heels are resting on the floor with the toes pointed away from each other like this (Demonstrate). They should make a “V”.

Your feet are not relaxed if your toes are pointing straight up or turned outward too much or if your ankles are crossed (Demonstrate).

Please show me relaxed feet.

Feedback for each person: (Positive) *Great. Now just relax and take a few moments to notice the way your feet and legs feel when you relax your feet.* (Corrective) *Your toes are pointing up too much. Just let your legs and feet flop (Demonstrate). Good job!*

Repeat the above sequence until all participants have learned the relaxed posture.

F. Hands

The next relaxed posture we are going to learn is “hands.”

Your hands are relaxed when you rest them on the arms of the chair, or in your lap, with your fingers slightly curled in a claw like position (Demonstrate). Your hands are not relaxed when if the fingers are flat or curled into a ball. (Demonstrate).

Please show me relaxed hands.

Feedback for each person: (Positive) *Good. Now just relax and take a few moments to notice the way your hands and arms feel when you relax your hands. (Corrective) Not quite, curl your fingers a little more so that it looks like this (Demonstrate). Good job!*

Repeat the above sequence until all participants have learned the relaxed posture.

G. SHOULDERS

The next posture is called “shoulders.”

Your shoulders are relaxed when they are resting against the chair and are rounded with the tops in a straight line. First, lift your shoulders up as high as you can and then let them drop (Demonstrate). Your shoulders are unrelaxed if they are raised or twisted if one shoulder is higher than the other (Demonstrate).

Alright, can you show me relaxed shoulders?

Feedback for each person: (Positive) *Good. Now just relax and take a few moments to notice the way your shoulders feel. (Corrective) Your left shoulder appears to be higher than your right one. Your shoulders look a little crooked (Demonstrate). Good job!*

Repeat the above sequence until all participants have learned the relaxed posture.

H. EYES

The last relaxed posture is called “eyes.”

Your eyes are relaxed when the eyelids are closed and smooth. (Demonstrate).

Your eyes are not relaxed when they are tightly shut or if there is eye movement beneath the eyelids.

Please relax your eyes.

Feedback for each person: (Positive) *Good job. Notice the relaxed feelings in your eyes and forehead as you relax for a few moments.*
(Corrective) *Your eyelids are closed a little too tightly. Make them smooth, like this (Demonstrate). Good Job.*

Repeat the above sequence until all participants have learned the relaxed posture.

Note: Behavior Relaxation is one type of relaxation exercise. If women in your group have trouble with the specific postures or are especially anxious about doctors or exams, they might benefit from additional relaxation exercises such as Progressive Muscle Relaxation. Please see instructions in Appendix L.

7. SWITCH GROUPS

Those women who learned BSE should now learn relaxation techniques, and vice versa.



8. THIS WEEK'S JOBS FOR HEALTH

Hand out the Jobs for Health—Week 2 (Appendix G). This week's jobs are:

- A. *Take a good look at your breasts in the mirror.*
- B. *Check your breasts when you are in the shower/ bath or in bed.*

Explain to the women that even though they will be checking their breasts monthly in the future, they should practice every day this week.

Note: A shower breast self-exam card is usually available from your local chapter of the American Cancer Society and is great for the women to take home with them on this visit.

- C. *Practice relaxation exercises.*