

## **2010 Professional Development Opportunities for Nurse Practitioners and Physician Assistants**

Two workshops entitled “Breast Health Management and Enhancement of Clinical Breast Examination (CBE) Skills through Practice on Silicone and Volunteer Models” were held at the annual Nebraska Nurse Practitioners Primary Care Conference in Lincoln in February 2010 and the annual Nebraska Academy of Physician Assistants Spring Conference in Kearney in April 2010. MammaCare Specialists, Marilyn Kile, APRN, AOCN, and Patti Higginbotham, APRN led the workshops. Every Woman Matters staff coordinated the development of the trainings, which have been offered at these conferences since 2002.

The workshop focused on how to improve skills in lump detection and discrimination on silicone models, which included pre and post assessments on the silicone models and techniques for conducting a CBE with hands on practice with volunteer models. This incorporated coaching from instructors and constructive feedback from the trained models. Legal and risk management issues were also highlighted, since failure to diagnosis breast cancer is a leading allegation in medical malpractice.

The participants gave the workshops excellent ratings especially noting the importance of practicing with the live models, as well as the significance of the positioning techniques. Six-month follow-up surveys of the nurse practitioners & physician assistants, who completed the workshop in the past, have shown a very significant percentage of these clinicians report having made changes or improvements in their CBE technique. Survey results have also indicated the participants increased confidence in their CBE skills since taking the workshop, as well as reporting their patients being receptive to the more thorough exam.