



TECHNIQUE STANDARD 15

Perform Breast Massage

Conditions:

Given that breast massage is requested or clinically indicated prior to treatment, and that the client has consented to breast massage

Clinical Indicators concerning the Breast

- general drainage problems
- pre/post menstrual pain
- breast swelling and/or congestion
- discomforts of pregnancy and/or lactation
- blocked milk ducts (contraindicated if mastitis)
- pre/post surgery including breast augmentation or reduction
- symptomatic relief of pain
- promotion of good quality scarring and relief of adhered/restrictive/painful scarring
- common benign breast conditions
- assistance with breast health
- discomfort from cancer treatment
- rehabilitation from cancer treatment

Task:

Perform breast massage

Standard:

Quality / Technical & Interpersonal:

- So that you do not touch the nipple and/or areola.
- So that the breast tissue is uncovered only when it is being treated directly. (notwithstanding clause in Communication / Public Health Standard 12 applies)
- So that breast massage is not performed or is modified if a contraindication to this treatment exists.

Safety

- So that vigorous techniques are not used when breast implants are present.
- So that consent was obtained in accordance with Communication / Public Health Standard 7

Reference:

Health Care Consent Act, 1996

Position Statement on Treating Sensitive Areas