

Breast Pain Pathway

For women with breast pain as the only symptom

Benefits

- Breast Specialist clinical examination - 20 minute consultations including Breast Cancer risk assessment
- Referral to Familial Cancer Services if necessary
- Reassurance and support for primary care and their patients
- Prevents inappropriate investigations
- Reduces patient anxiety and the need for repeat appointments
- Provides reassurance and information on breast pain management

The pathway for primary care referrals

Patient attends
GP surgery
with breast
pain symptoms

Clinician
carries out
face to face
exam

Give breast pain advice including:

- Supportive bra
- NSAID gel
- Paracetamol
- Lifestyle changes
- Breast pain diary

If **NO**
improvement,
can consider
referral to
Breast Pain
Clinic (by eRS)

Eligibility criteria

- Female patients only
- Aged over 16
- Breast pain only in
absence of other
breast symptoms

Do not refer

- Male patients
- Patients with
previous
personal history
of breast cancer
- Patients with
breast implants

How it works

- Refer via eRS breast pain pathway
(surgery-breast-urgent-cancer not suspected)
- Patients sent family history questionnaire
- Seen in clinic for management of breast
pain and family history assessment
- Patient will **NOT** get imaging
(rapid access to diagnostic clinic if a clinical
abnormality is found)

Breast pain clinics located in **Chesterfield, Burton, Derby, Lichfield** and **Tamworth**.