



Educational Resources in International Languages

LÉSIONS SUPERFICIELLES



Translated from English to French by:

Mr Robert Lodge

MA (Translation Studies)

University of Cardiff

EXAMEN DES LÉSIONS SUPERFICIELLES

1. Présentez-vous et demandez la permission d'examiner

2. Inspectez le patient sous un bon éclairage

Inspectez sans toucher, commentez :

- L'emplacement
- La taille (dimensions approximatives en centimètres ou millimètres)
- La forme (Circulaire, hémisphérique, plate, nodulaire, pédiculée, ulcérée)
- La surface de la peau (Pigmentation, érythème, télangiectasie, punctum, kératose)
- Des cicatrices (Lésion récurrente ?)

3. Palpez

D'abord demandez au patient s'il ressent une douleur

- Évaluez la température avec le dos de votre main
- Palpez délicatement et évaluez la sensibilité (regardez l'expression faciale, demandez si elle est sensible)
- Touchez les rebords de la lésion, recherchez les "signes de glissement" – les rebords lisses s'éloignent des doigts en cas de lipome
- Palpez la consistance de la grosseur (Douce, ferme, dure, anguleuse)
- Testez la fluctuation – palpez in deux plans; de haut en bas et de gauche à droite, parallèle et perpendiculaire à l'axe du muscle squelettique sous-jacent (Figure 12.1)



Figure 12. : Testez la fluctuation

- Évaluez la couche de laquelle la lésion provient – à plat contre la peau, attaché au muscle, provient du muscle et la peau passe librement par-dessus de la lésion (demandez au patient de contracter le muscle en question, la grosseur devient-elle plus proéminent ou moins mobile ?)
- Examinez pour lymphadénopathie régionale

4. Pour conclure l'examen

Déclarez que vous voudriez :

- Connaissez l'histoire de la lésion – le début, la durée, tout changement récent, d'autres lésions, histoire d'exposition au soleil, antécédents familiaux des lésions cutanées et l'effet sur la qualité de vie

5. Remerciez le patient



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