



# Mastectomy Fitter Exam Candidate Self Assessment Checklist

Prior to sitting for the ABC Certified Fitter-mastectomy exam, each candidate is required to complete 500 hours of mastectomy fitting experience. The following self assessment tool gives you a guideline for what areas you should focus on and the amount of time you should be spending in each area during this period.

## DOMAINS OF PRACTICE

Certified Fitter-mastectomy (CFm's) report that they spend their professional time divided between five areas of responsibility called **Domains of Practice**. As you work on the 500 hour experience requirement to take the ABC CFm exam, you should gain experience in each domain and arrange your time to approximately meet these percentages. Use the following chart to write in the percentage of time you spend in each domain.

Each domain is broken down into specific tasks. Reference the ABC *Fitter Book of Rules and Candidate Guide* for the specific tasks associated with each domain and identify the domains in which you should spend more or less time.

### IMPORTANT INFORMATION

This checklist is for your use only and is not required as part of your application for the exam.

Use it as a tool to guide you through your work experience and to make sure that you are getting the type and amount of experience in each area that the profession expects.

| DOMAIN   | Recommended % of Time | Self-Assessment-% of My Time in These Domains |
|--|-----------------------|---|
| <b>Patient Assessment</b><br>Perform an assessment of the patient to obtain an understanding of the patient's post-mastectomy prosthetic needs.                                    | 29%                   | ____%   |
| <b>Formulation of the Treatment Plan</b><br>Create a specific treatment plan to meet the needs and goals of the patient.   | 16%                   | ____%   |
| <b>Implementation of the Treatment Plan</b><br>Perform the necessary procedures to deliver the appropriate post-mastectomy items and services.                                     | 26%                   | ____%   |
| <b>Follow-up Treatment Plan</b><br>Provide continuing patient care and periodic evaluation to assure/maintain/document optimal fit and function of the post-mastectomy prosthesis. | 12%                   | ____%   |
| <b>Practice Management</b><br>Comply with policies and procedures of business practices, organization management and human resources.  | 14%                   | ____%   |

## MASTECTOMY FITTER KNOWLEDGE AND SKILL STATEMENTS—SELF ASSESSMENT

The knowledge and skills required of an ABC Certified Fitter-mastectomy (CFm) in the provision of patient care are listed below. Use the rating scale as a self assessment to determine your strengths and weaknesses and to identify those knowledge or skills on which you should spend more time during your 500 hours.

**Rate your knowledge of or skill with these items by circling the appropriate number on the following scale.**  
**1 is no knowledge or skill, 5 is full knowledge or skill.**

**None 1-----2-----3-----4-----5 Full**

Knowledge of musculoskeletal anatomy, including upper limb and spinal  
 1-----2-----3-----4-----5

Knowledge of neuroanatomy  
 1-----2-----3-----4-----5

Knowledge of anatomical landmarks  
 1-----2-----3-----4-----5

Knowledge of tissue characteristics/management  
 1-----2-----3-----4-----5

Knowledge of post-surgical edema  
 1-----2-----3-----4-----5

Knowledge of range of motion  
 1-----2-----3-----4-----5

Knowledge of pathologies related to post-mastectomy care  
 1-----2-----3-----4-----5

Knowledge of medical terminology  
 1-----2-----3-----4-----5

Knowledge of breast treatment options  
 1-----2-----3-----4-----5

Knowledge of lymphatic system  
 1-----2-----3-----4-----5

Knowledge of interviewing techniques  
 1-----2-----3-----4-----5

Knowledge of prescription/referral documents  
 1-----2-----3-----4-----5

Knowledge of documentation and document retention requirements  
 1-----2-----3-----4-----5

Knowledge of policies and procedures regarding confidential information (HIPAA)  
 1-----2-----3-----4-----5

Knowledge of roles and responsibilities associated with other healthcare professions  
 1-----2-----3-----4-----5

Knowledge of reimbursement protocols (e.g., CMS/third party payors)  
 1-----2-----3-----4-----5

Knowledge of material safety procedures and standards (e.g., OSHA, MSDS)  
 1-----2-----3-----4-----5

Knowledge of universal precautions, including sterile techniques and infection control  
 1-----2-----3-----4-----5

Knowledge of ethical standards regarding proper patient management  
 1-----2-----3-----4-----5

Knowledge of Scope of Practice related to mastectomy fitter credential  
 1-----2-----3-----4-----5

Knowledge of when to refer the patient to other healthcare providers/caregivers  
 1-----2-----3-----4-----5

Knowledge of post-mastectomy items  
 1-----2-----3-----4-----5

Knowledge of post-mastectomy item fitting criteria  
 1-----2-----3-----4-----5

Knowledge of examination techniques  
 1-----2-----3-----4-----5

Knowledge of measurement tools and techniques  
 1-----2-----3-----4-----5

Knowledge of care and maintenance of post-mastectomy items  
 1-----2-----3-----4-----5

Knowledge of item warranty  
 1-----2-----3-----4-----5

Knowledge of item manufacturer guidelines  
 1-----2-----3-----4-----5

Knowledge of inventory control and management  
 1-----2-----3-----4-----5

Knowledge of human development and aging  
 1-----2-----3-----4-----5

Knowledge of educational opportunities for patients, caregivers, and providers  
 1-----2-----3-----4-----5

Knowledge of community resources and publication  
 1-----2-----3-----4-----5

Knowledge of federal and state rules, regulations, and guidelines (e.g., CMS, FDA, ADA, State licensure)  
 1-----2-----3-----4-----5

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Skill in interviewing techniques

1-----2-----3-----4-----5

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Skill in performing clinical examinations

1-----2-----3-----4-----5

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Skill in interpretation of physical findings

1-----2-----3-----4-----5

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Skill in developing a treatment plan

1-----2-----3-----4-----5

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Skill in adapting treatment plan relative to the patient's functional needs (e.g., patient with stroke, cognitively impaired patients)

1-----2-----3-----4-----5

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Skill in measuring and fitting post-mastectomy items

1-----2-----3-----4-----5

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Skill in evaluating fit and function of post-mastectomy items

1-----2-----3-----4-----5

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Skill in documentation

1-----2-----3-----4-----5

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## RESOURCES

[www.abcop.org](http://www.abcop.org)

- *ABC Scope of Practice*
- *ABC Fitter Book of Rules & Candidate Guide*
- *ABC Code of Professional Responsibility*
- *Practice Analysis of ABC Credentialed Mastectomy Fitters*



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This self assessment checklist is developed from the *Practice Analysis of ABC Credentialed Mastectomy Fitters*, which is also used to develop credentialing exam content as well as guidance for educational programs.

## RECOMMENDED DEVICE LIST FOR 500 HOURS WORK EXPERIENCE

We've broken down the devices on which certified mastectomy fitters report they typically spend their time. Use this as a guideline as you work on your 500 hour experience requirement. Use the following chart to write in the amount of time you spend on each device and identify those devices on which you should spend more time.

|  | Recommended<br>% of Time | Self Assessment<br>% of My Time |
|--|--------------------------|---------------------------------|
| <b>1. Breast Prostheses</b>                                  | (48% Total)              | _____%                          |
| Custom   | 3%                       |                                 |
| Non-custom   | 45%                      |                                 |
| <b>2. Mastectomy Garments</b>                                | (32% Total)              | _____%                          |
| Bras   | 28%                      |                                 |
| Post-surgical camisoles                                      | 4%                       |                                 |
| <b>3. Mastectomy Lymphedema-related Compression Garments</b> | (12% Total)              | _____%                          |
| Custom   | 3%                       |                                 |
| Non-custom   | 9%                       |                                 |
| <b>4. Retail Items (swimwear, accessories, wigs)</b>         | (8% Total)               | _____%                          |