



Test Content Outline — Mastectomy Fitter

The Mastectomy Fitter Exam Test Content Outline below is broken down by domain; each domain section indicates the percentage of emphasis that the elements of practice in that domain receives on the exams. For each Practice Domain listed on the Test Content Outline, you should plan on familiarizing yourself with clinical, technical or general practice information related to that domain.

Practice Domains

DOMAIN 1

Patient Assessment – 29%

- Review patient's prescription/referral
- Take a comprehensive patient history, including previous use of post-mastectomy items diagnosis, activities of daily living (ADL), and medical history
- Discuss patient's expectations and goals
- Perform a diagnosis-specific functional clinical examination that may include observation of chest wall, and evaluation of range of motion, manual dexterity, skin integrity, and shape/physical characteristics
- Consult with other healthcare professionals and caregivers about patient's condition
- Refer patient, if appropriate, to other healthcare professionals (e.g., therapist, physician) for intervention beyond mastectomy fitter's scope of practice

DOMAIN 2

Formulation of the Treatment Plan – 16%

- Use the assessment results to formulate a treatment plan, including goals and expected outcomes to increase patient comfort, enhance function, prevent deformity (for example, shoulder drop, spinal curvature) and/or improve balance, symmetry, and appearance
- Consult with licensed healthcare prescriber to obtain supporting documentation and/or modify the original prescription, if necessary
- Document the medical necessity of the treatment plan
- Identify post-mastectomy items to support treatment plan
- Communicate to patient and/or caregiver about the recommended treatment plan and any optional plans
- Inform patient or responsible parties of their financial responsibilities as they pertain to proposed treatment plan

DOMAIN 3

Implementation of the Treatment Plan – 29%

- Discuss with patient, family, and/or caregiver the treatment plan, including post-mastectomy items, benefits/possible risks, and timeline for completion
- Select and prepare appropriate post-mastectomy items in order to implement treatment plan
- Consult manufacturers' guidelines and warranties (for example, recommended use, limitations, care)
- Assess post-mastectomy items for fit and comfort, and make any necessary adjustments
- Ensure that post-mastectomy items are fit and provided as prescribed
- Educate/counsel patient and/or caregiver about the use and care of the post-mastectomy items (e.g., wearing schedules, cleaning and other instructions)
- Advise the patient and/or caregivers about their rights and responsibilities
- Document treatment using established record-keeping techniques to verify implementation of treatment plan
- Develop/communicate follow-up plan to address any needed adjustments or modifications

DOMAIN 4

Follow-up – 12%

- Obtain feedback from patient and/or caregiver about the results and overall satisfaction of the treatment plan (for example, tolerance, comfort, benefits, detriments, ability to don and doff, proper usage, and function)
- Re-evaluate the patient through a follow-up functional clinical examination that may include review of changes to patient status, shape, and physical characteristics
- Identify need for changes relative to initial treatment goals by assessing fit of post-mastectomy items
- Modify/adjust post-mastectomy items based on assessment and/or patient/caregiver feedback
- Educate patient and/or caregiver on proper use of post-mastectomy items relative to modifications/adjustments
- Document and update all findings and actions and communicate as needed with appropriate healthcare professionals (e.g., referral sources, colleagues, supervisor)

DOMAIN 5

Practice Management – 14%

- Comply with federal regulations for the delivery of items within the Mastectomy Fitter Scope of Practice (for example, CMS, OSHA, HIPAA)
- Adhere to state regulations for the delivery of items within the Mastectomy Fitter Scope of Practice (for example, Medicaid)
- Comply with policies and procedures regarding universal precautions, including sterile techniques and infection control
- Comply with requirements for documentation and document retention