



# 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 proéminente 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**



# DOCTORS ACADEMY

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## Courses (a selection):

### Undergraduate:

- Final Year Medicine and Surgical Revision Courses
- Training the Clinical Anatomy Trainer
- Clinical Anatomy as Applied to Trauma and Emergency Medicine
- Surgical Anatomy of Important Operative Procedures
- Future Surgeons: Key Skills (RCSEd delivered)
- Structured Introduction to Surgical Skills

### Postgraduate:

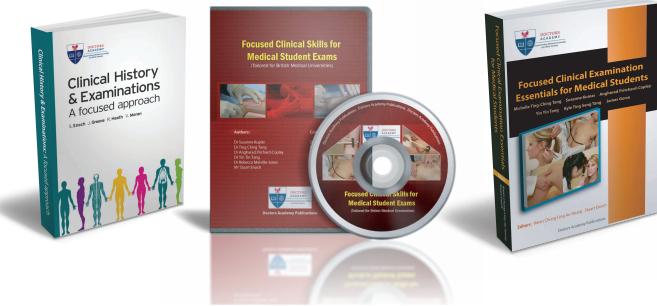
- MRCS Part A
- MRCEM Part A
- MRCS Part B OSCE
- DOHNS: Intensive Revision & OSCE
- Intercollegiate Basic Surgical Skills (RCSEd delivered)
- MRCP PACES Part 2
- FRCS (General Surgery) Exit Exam
- Cadaveric Ultrasound-Guided Musculoskeletal Intervention Course
- Ultrasound-Assisted Botulinum Toxin Injection for Neuromuscular Disorders
- Live Advanced Laparoscopic Colorectal Course



## Forthcoming key events:

- International Medical Summer School  
Manchester, 31<sup>st</sup> July to 4<sup>th</sup> August 2017
- International Academic and Research Conference  
Manchester, 5<sup>th</sup> August 2017
- World University Anatomy Challenge  
Manchester, 4<sup>th</sup> August 2017

## Publications



[publications.doctorsacademy.org](http://publications.doctorsacademy.org)

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## Online Revision Resources

DoctorExams consists of 1000s of questions with detailed explanations in MCQ, EMQ, SBA and SAQ formats. Questions are written by the Doctors Academy group of experienced clinicians and clinical academics, with mock exams and feedback on performance included to aid a candidate's focused revision of topics. Based on past exams, these questions are carefully crafted to suit the requirements of undergraduate students & postgraduate trainees undertaking relevant speciality exams.

### Resources for:

- |                                |                         |
|--------------------------------|-------------------------|
| - Medical Students             | - General Surgery Exams |
| - Dental Students              | - Plastic Surgery Exams |
| - International Entrance Exams | - DOHNS Exams           |
| - MRCS Exams                   |                         |

[www.doctorexams.co.uk](http://www.doctorexams.co.uk)

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