BEST Touch
Breast Exam Sensory Training

Improving hands-on performance in the Breast Self-Exam (BSE)

- A self-guided, interactive system for training and evaluating BSE skills
- Based on clinically validated methods of effective breast palpation
- Sensor-enabled technology for real-time feedback on palpation techniques.
- Realistic breast models of multiple breast types (e.g. skin color, density) and anomalies (e.g. cysts, cancers)
- Objective evaluations to ensure confidence in hands-on BSE skills

The goal of this training is to empower individuals to be informed advocates when it comes to their breast health.

BEST Touch is a hands-on and technology-driven breast self-exam training created by Dr. Carla Pugh, Professor of Surgery and Director of the Technology Enabled Clinical Improvement (T.E.C.I.) Center.

Questions about this technology can be directed to Cassidi Goll at cgoll@stanford.edu

T.E.C.I.
Technology Enabled Clinical Improvement Center