

Online Mole Check

The order of examination:

Always follow the same steps:

| Step | 'Patient' | 'Helper' | Comment |
|------|--|--|---|
| 1 | Sits on a chair | Check the scalp for any unusual pigmented or shiny reddish lesions | Check the ears; behind the ears |
| 2 | Check the face and neck from the front with a hand-held mirror | Check the same areas with the patient and they discuss what they see | |
| 3 | Check the chest the same way | | Check beneath the female breasts as well. |
| 4 | Check the abdominal area together | | Check the navel |
| 5 | Check the sides of the torso + armpit together | | Disregard the possible, skin coloured hanging skin tags here. |
| 6 | Check the right arm together | Examine the triceps region | Any pigmentation on any of the fingernails? |
| 7 | Check the left arm together | Examine the triceps region | Any pigmentation on any of the fingernails? |
| 8 | Check the lateral aspect of the left leg together | | |
| 9 | Check the medial aspect of the left leg together | | |
| 10 | Check the medial aspect of the right leg together | | |
| 11 | Check the lateral aspect of the right leg together | | |
| 12 | Is there anything among the toes? | | Any pigmentation on any of the toenails? |
| 13 | | Checks the upper and lower back | |
| 14 | | Checks the buttocks | |

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|----|--|--|--|
| 15 | | Checks the back of the thighs | |
| 16 | | Checks the calves | |
| 17 | | Checks the soles of the feet | |
| 18 | | Asks the patient about hidden areas (genitalia) whether there are any moles. | If yes, find the best way to take images and discuss whether to submit or not. |