Prone Breast

Patient Positioning for simulation and treatment

Maria Durlak RTT
Outline

- Prone breast board
- Patient Position
- Location of wires for CT simulation & tattoos
- Verification day
- Setup instructions for daily treatments
- Challenges with prone treatments
Immobilization device

- ClearVue Prone Breast Board
- Indexed to Linac couch and sim table with index bars
- Interchangeable for Right & Left
Device

- Limited to 18cm of space between surface and base
- Rulers
  - Vertical
  - Horizontal
Device

- Step stool
- Sheet size
Patient Position

- Head turned toward treatment side
  - Creates a tripod position (minimize rotation)
- Body NOT rotated
- Arms above head holding bars
- Knee roll cushion under ankles
Wires

- Place wires
  - Lumpectomy scar
  - Nodal scar
  - Mid line
  - Edge of both breast tissue
  - Borders of breast tissue (2 cm margin)
Simulation

- Have patient move so midline wire is palpable in cutout opening
- Swipe contralateral breast out
- Keep couch lateral at 0
Simulation

- Make sure sim table is as low as possible to include entire body contour
- Check sup/inf position of breast
- Scan angle of mandible to L3
Simulation

- **5 Tattoos**
  - 1 on breast
    - Mid nipple
    - Relatively flat
  - 4 on back
    - Lower straightening
    - Laser at 0 Not necessarily mid line

- **Take landmarks**
  - Most inf crease of neck
  - Record rulers
    - Vertical
    - Horizontal
Verification Day

- Wire contralateral breast with double solder wire
  - Documents edge of treatment field
- Image all fields
- Film for first week of treatment
- Treat on 21EX-S
  - MV films
Treatment

- Set table
  - Couch lateral to zero
  - Set horizontal ruler
- Have patient move into settings
- Swipe contralateral breast
- Triangulate
- Feel for sternum
Raise table to breast tattoo

Rotate gantry to lateral reference
  Set SSD on breast tattoo

Rotate gantry to lateral treatment field check treatment SSD
Challenges

- Placement of tattoo
Challenges

- Moving patients on the prone board
  - Transfer sheets
- Patients rolling into cutout
- Neck pain
  - Use cushion under head
    - Patient movement to readjust
  - Tried using warm rice bags
Challenges

- Breast hang is more than 18 cm
  - Use Styrofoam
Thank you!

- Special Thanks to
  - Jennifer Buil
  - Teresa Kishel
  - Rachel Hackett