

Fibroadenoma: A Case Study

Angelin Sheeba S. S.

Nursing Tutor, Bethlehem College of Nursing, Kanniyakumari District, India

Abstract: A fibroadenoma is a non-cancerous breast tumor that is made up of glandular and fibrous tissue. It is the most common type of benign breast tumor and can occur at any age, but is most common in women between the ages of 15 and 35. This paper presents a case study focusing on the clinical manifestation, diagnosis, management and nursing care of a 35 years' woman with fibroadenoma (left side breast). Diagnosis often involves ultrasound imaging. Management option includes medical and surgical interventions.

Keywords: Fibroadenoma, Fibrous tissue, Glandular tissue, FNA

1. Introduction

A fibroadenoma is a noncancerous (benign) breast lump. This smooth, round, solid tumor consists of fibrous tissue and glandular tissue that form a mass. In very rare cases, a fibroadenoma may contain breast cancer. Fibroadenomas often shrink or go away without treatment.

A fibroadenoma is the most common type of benign breast lump. Up to 10% of people assigned female at birth (AFAB) will have a fibroadenoma at some point in their lives.



Classification:

- **Simple fibroadenomas** are the most common. They tend to be smaller. These lumps don't increase your breast cancer risk. Under a microscope, the biopsied tissue appears uniform.
- **Complex fibroadenomas** are more common in people over 35 and tend to be larger. Under a microscope, some differences may be found in the cells. May also see calcifications or cysts on mammogram.

Causes and Risk factors:

- Hormonal fluctuations during puberty, pregnancy, and menopause
- Family history of fibroadenomas or breast cancer
- Age
- Race
- Lifestyle factors, such as a high-fat diet, alcohol consumption, and smoking

Diagnosis:

- Ultrasound to confirm lump
- Mammogram
- Blood test (Complete blood count)

Case study of Mrs. X:

Mrs. X, a 35 years old woman was admitted in kanniyakumari medical college hospital, Asaripallam with complaints of left breast lump. Since 6 months, there is no pain, discharge and redness. Following a detailed investigation, mammogram and ultrasound scan she was diagnosed as fibroadenoma. she was found to be conscious and oriented. Her vital signs were as follows:

- Temperature: 98.6 F
- Pulse: 86 beats/ min
- Respiration: 24 breath/ min
- Blood pressure: 130/80 mmHg
- Spo2: 99%

1.1 Investigation

Mammogram



Result

Few well defined echogenic nodular shadows (largest 32 x 22 mm) with surrounding minimal thick fluid in the upper – inner quadrant of left breast

Right breast shows normal echotexture. The subcutaneous fat, mammary and retro mammary layers appear normal. Pectoral muscles and axillary vessels are normally visualized.

1.2 Lab reports:

Hemoglobin	: 12 gm/dL
Platelet count	: 2.43 Lakhs/cumm
Blood group	: B
Rh factor	: Positive
PCV	: 20.8
Urea	: 9
Creatinine	: 0.37
FNA	: Benign breast disease

1.3 Signs and symptoms:

Book picture	Mother picture
Breast Lump-Round with distinct, smooth borders	Present
Pain	Absent
Bleeding / discharge	Absent

1.4. Management of fibroadenoma:

- Mammogram
- Breast self-examination
- Biopsy

1.5 Complication:

Usually Fibroadenomas will not make any serious complications, but if there is a complex mass in the breast, there is a chance for tissue malignant.

1.6. Nursing Management:

- Advised the patient to monitor the size and consistency of the breast lump.
- Advised the patient to do regular breast self-examination.
- Advised the mother for regular follow-up to do clinical breast exams, imaging tests.

Nursing Process for mother with fibroadenoma:**Assessment:**

- History taking
- Physical examination- Palpation
- Assess the skin of breast, areola
- Assess the symmetry of breast
- Assess the nipple size and any discharge
- Check the vital signs
- Health record and health review

Nursing Diagnosis:

- Acute pain related to FNAC as evidenced by facial grimace.
- Fluid and electrolyte imbalance related to lack of fluid intake as evidenced by the dry and cracked lips.
- Anxiety related to disease condition as evidenced by discomfort and restlessness.
- Knowledge deficit related to lack of information about the treatment of disease condition as evidenced by asking frequent questions.

Planning:

- Monitor for bleeding or any discharge in left breast
- Monitor intake and output chart
- Provide information regarding treatment plan
- Provide support and reassurance regarding nursing care
- Promote physical wellbeing
- Provide opportunities for counseling and support
- Provide teaching related to self-care

Implementation:

- Observe for bleeding /discharge from left breast
- Maintain bed rest for a week
- Monitor for complications
- Support patient and family, and encourage them to verbalize feelings

Evaluation:

- Ensure that the patient:
- Relives pain /discomfort
- Maintains normal vital signs
- Verbalizes her apprehension and feelings
- Understands self-care measures

2. Conclusion

Fibroadenomas are one of the most common benign breast masses encountered in the adolescent population. Diagnosis of fibroadenoma should entail proper and detailed triple assessment. Management ranges from conservative in form of regular follow-up to surgical excision and breast reconstruction. Before adopting any treatment modality, the risks and the benefits should be weighed carefully. This case study highlights the clinical manifestation, diagnosis, Investigation, management, complication and Nursing care of a 35 years old woman with fibroadenoma.

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