

Educational action with women on fine needle breast puncture

Ação educativa com mulheres sobre a punção de mama com agulha fina

Acción educativa con mujeres sobre punción mamaria con aguja fina

RESUMO

Objetivo: Evidenciar e discutir as produções científicas disponíveis na literatura que abordem sobre a ação educativa do enfermeiro com mulheres que irão se submeter a punção de mama com agulha fina. Método: Trata-se de uma revisão integrativa da literatura que buscou artigos publicados no período de 2011 a 2021, disponíveis nas bases de dados SCIELO, BDNF e LILACS. Resultados: Dos 11 estudos encontrados, dois (02) foram utilizados nesta revisão. Ambas publicações abordam sobre educação em saúde e atuação da enfermagem frente a punção de mama com agulha fina. Conclusão: Evidenciou-se que há carência de publicações nesta linha de pesquisa, comprovando que os(as) enfermeiros(as) não estão realizando ações educativas com mulheres que irão se submeter a punção na mama e se realizam essas ações educativas, não estão colocando em evidência o seu trabalho.

DESCRIPTORIOS: Biópsia por agulha fina, Neoplasias da mama, Educação em saúde, Enfermagem.

ABSTRACT

Objective: To highlight and discuss the scientific productions available in the literature that address the educational action of nurses with women who will undergo breast puncture with a fine needle. Method: This is an integrative literature review that searched for articles published from 2011 to 2021, available in the SCIELO, BDNF and LILACS databases. Results: Of the 11 studies found, two (02) were used in this review. Both publications address health education and nursing performance regarding fine needle puncture in the breast. Conclusion: It was evidenced that there is a lack of publications in this line of research, proving that nurses are not carrying out educational activities with women who will undergo breast puncture, and if they do perform these educational activities, they are not putting their work in evidence.

DESCRIPTORS: Biopsy, fine needle, Breast neoplasms, Health education, Nursing.

RESUMEN

Objetivo: Destacar y discutir las producciones científicas disponibles en la literatura que abordan la acción educativa de las enfermeras con las mujeres que van a ser sometidas a una punción mamaria con aguja fina. Método: Se trata de una revisión bibliográfica integradora que buscó artículos publicados entre 2011 y 2021, disponibles en las bases de datos SCIELO, BDNF y LILACS. Resultados: De los 11 estudios encontrados, dos (02) se utilizaron en esta revisión. Ambas publicaciones tratan sobre la educación sanitaria y la actuación de enfermería en relación con la punción con aguja fina en la mama. Conclusión: Se evidenció que hay una falta de publicaciones en esta línea de investigación, lo que demuestra que las enfermeras no están realizando actividades educativas con las mujeres que se van a someter a la punción mamaria, y si las realizan, no están destacando su labor.

DESCRIPTORIOS: Biopsia con Aguja Fina, Neoplasias de la mama, Educación en Salud, Enfermería.

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INTRODUCTION

Breast cancer is a disease caused by the uncontrolled multiplication of breast cells. This process generates abnormal cells that multiply, forming a tumor and, therefore, the disease can evolve in different ways. Some types grow quickly, while others grow more slowly. These different behaviors are due to the characteristic of each tumor as there are several types of breast cancer.¹

In Brazil, excluding non-melanoma skin tumors, breast cancer is also the most frequent in women in all regions, with higher rates in the South and Southeast regions.² However, the aforementioned cancer also affects men; although it is rare, representing only 1% of the total cases of the disease.³ For the year 2021, 66,280 new cases were estimated, which represents an incidence rate of 43.74 cases per 100,000 women.²

The etiology is multicausal and the clinical manifestations in the initial stage of the disease can be perceived by the patient during breast self-examination, with the most common signs and symptoms being: presence of fixed and usually painless nodules (main manifestations of the disease, being present in about 90% of cases when the cancer is perceived by the woman herself); breast hyperemia, retracted or orange peel-like; changes in the nipples; appearance of small nodules in the armpits and/or neck; abnormal fluid leaking from the nipples.¹

The National Cancer Institute (INCA

- Instituto Nacional do Câncer) recommends that women aged between 50 and 69 years be screened by mammography, with a maximum interval of two years between exams. Screening through clinical breast examination (CBE) should be offered annually to all women over 40 years of age. Annual mammography and CBE are indicated for those aged 35 years and over and belonging to population groups at high risk of developing breast cancer.³

In the 1980s, the identification of a palpable nodule in the breast had as one of the recommendations to perform the Fine Needle Aspiration Biopsy (FNAB) exam for early diagnostic elucidation and support of therapeutic planning, complementing clinical examination and mammography, presenting diagnostic accuracy of up to 95% of benign and malignant lesions.⁴

According to the studies of Rosini and Salum⁵, in the 1980s, the identification of a palpable nodule in the breast had as one of the recommendations to perform the Fine Needle Aspiration (FNA) exam for early diagnostic elucidation and support of therapeutic planning, complementing clinical examination and mammography, presenting diagnostic accuracy of up to 95% of benign and malignant lesions.⁵

According to Cibas and Ducatman⁶, during the FNA exam, it is common for the patient to feel insecure and afraid, as the lack of guidance on the procedure and its purpose for confirming or discarding the diagnosis of breast cancer can make them

afraid, insecure, anxious and distressed, which has repercussions during the consultations and performance of the exams necessary to confirm the diagnostic hypothesis.

As it is an exam that raises doubts and some unpleasant signs and symptoms, it is necessary that the nurse who works in the mastology and radiology services guide the patient about the FNA procedure, clarifying their doubts and minimizing their fears. This action can be developed through health education actions, since the act of teaching is one of the dimensions of the nurse's work process whose purpose is to train, train and improve nursing human resources.⁷

According to scientific studies by Melo et al.⁸, health education developed by nurses in the waiting room before performing the FNA exam is important to minimize the signs and symptoms of fear, anxiety and anguish of women who will undergo the procedure. In addition, the moment of educational action is used as a strategy for a moment of awareness, guidance and clarification of doubts about prevention, screening, diagnosis and treatments of breast cancer.

Given this context, reflecting on the meaning attributed to the nursing professional and on the quality of care provided to the patient, this study aimed to highlight and discuss the scientific production available in the literature that addresses the educational action of nurses with women who will

undergo fine needle breast puncture.

METHOD

This is a descriptive study with a qualitative approach, of the bibliographic review type developed through the Integrative Literature Review (ILR). ILR is a type of research that emerged as an alternative for reviewing and combining studies with different methodologies. It is based on previous studies following the necessary methodological standards to obtain clarity in the results, so that readers can identify the real characteristics of the studies included in the review.⁹

For its development, the review followed a research protocol composed of six steps: 1) formulation of the guiding question; 2) literature search; 3) data extraction from selected publications; 4) evaluation of studies; 5) interpretation and synthesis of results; and 6) presentation of the review.⁹

The study was guided by the following question: what are the scientific productions available in the literature that address the educational action of nurses with women who will undergo fine-needle aspiration puncture in the breast?

The bibliographic survey took place in August and September 2021, in the following databases: Scientific Electronic Library Online (SciELO), Nursing Databases (BDeNF) and Latin American and Caribbean Literature on Health Sciences (LILACS), using the Boolean operator "AND" and the crossing of the descriptors: Fine needle biopsy (Biópsia por agulha fina), Breast neoplasms (Neoplasias da mama), Health education (Educação em Saúde), Nursing (Enfermagem), all registered in the Health Sciences Descriptors (DeCS), whose time frame was from 2011 to 2021. The following inclusion criteria were established: full articles published in Portuguese, of the original type, freely available, published within the time limit of the last ten years (2011-2021) and appropriate to the research theme. Repeated articles, systematic reviews, dissertations, theses, books and manuals were excluded.

The analysis of information from the

articles included in this study was performed by first reading all the titles. When there was at least one word that suggested the possibility of including the theme, the abstract was read. The selection for reading the articles in full followed the same consistency, but analyzed in a more critical, reflective and interpretive way the synthesis of evidence from each publication that corresponded to the topic addressed.

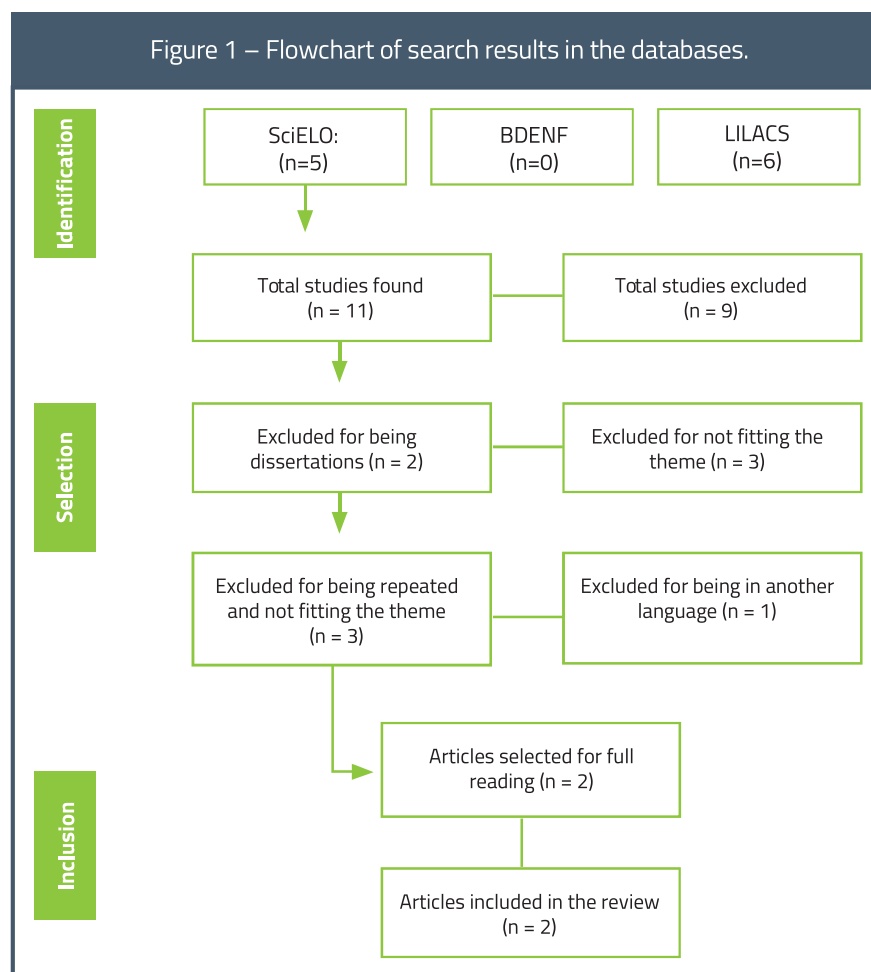
For the collection of information to be extracted from the publications, a collection instrument was adapted by the authors based on the form of (URSI, 2005) 10, contemplating the following variables: numbering, author (a), year of publication, title, type of research, journal/database and research findings.

RESULTS

During the search in the databases, from the descriptors and inclusion criteria, eleven publications were identified. Of these, two studies were excluded because they were dissertations, three articles because they did not fit the theme, three repeated articles that did not fit the theme and one article because it was in another language (English). Thus, the final sample consisted of two articles, as illustrated in Figure 1.

The results obtained, after searching the three selected databases, were organized in Table 1 to characterize the articles on health education developed by nurses with women who will undergo the FNA, which gathers the knowledge produced on the topic investigated in this review.

Figure 1 – Flowchart of search results in the databases.



Source: The Authors, Belém (PA), Brazil. 2021.

As for the methodological aspects of the research, it was observed that one of the studies was a convergent care research with a qualitative approach, developed through the participation of eighty-eight clients, the other study dealt with the elaboration of a care protocol for fine needle aspiration puncture of the breast and thyroid.

In addition, in both studies, the authors' interest in knowing the clients' perceptions about the FNA exam was found to better plan a health education strategy.

DISCUSSION

During the development of this study, it was realized how the fine needle aspiration puncture (FNA) in the breast is an important exam that contributes to the diagnosis of breast cancer; however, it is considered a procedure that generates some unpleasant feelings in the woman who will undergo it. Therefore, the importance and need to carry out educational guidelines regarding the procedure, as it will help to assuage doubts and fears.

The data presented demonstrate that there are few studies on the importance of educational actions carried out by nurses with patients who will undergo FNA in the breast. Regarding the main results found, the first study (A1) addresses the guidelines given by nurses for breast and/or thyroid puncture, carried out in a radiology service; and the second study (A2), when carrying out the stages of construction and validation of the protocol, addresses the perception of clients regarding the FNA experience.

Rosini and Salum (2014)⁵ found that the main doubts and anxieties expressed in relation to breast FNA are related to the puncture site, how the procedure is performed, the purpose of the exam, the number of nodules to be punctured, whether there is anesthesia for the procedure, the reactions after the puncture, the results and referrals, the possibility of the benign nodule becoming malignant and the team that will perform the puncture.

Education is considered a strategic tool in health services, when it is used in a way

that encourages individuals to create the process of critical reflection and adoption of healthy living standards for themselves and for the community. Feelings of fear, anxiety, worry and pain are interconnected and are the ones that predominate before the FNA is performed. Therefore, the importance of the educational action performed by the nurse before the procedure is emphasized to sensitize women to deconstruct some stigmas created due to unpleasant feelings before undergoing the exam.¹¹

According to Cavalcante and collaborators¹², educational activities are important, because due to issues of values and culture, many women do not recognize breast cancer prevention and screening measures, these are some of the reasons for their resistance to seek help, as they would be related to shame, religion, fear of pain during the procedure, lack of knowledge about the exam and where to perform it.

To Silva and collaborators¹³, nurses can develop the role of health educators, in order to help women detect the onset of breast cancer, teaching them to do self-exa-

Table 1. Presentation of the study, according to numbering, author, year, title, type of research, journal/database and research findings. Belém (PA), 2021.

No.	Author/Year	Title/ Type of research	Journal/ Database	Research findings
A1	Rosini; Salum, 2013 ¹¹	Health education in the radiology service: Guidelines for breast and thyroid aspiration puncture. (Original title: Educação em saúde no serviço de radiologia: Orientações para punção aspirativa de mama e tireóide.) This is a Convergent Care survey with a qualitative approach, developed through the participation of 88 clients.	Rev Gaúcha Enferm, SciELO	The results show the clients' perception of the exam, the stigma in relation to cancer and the importance of health education as a coping strategy, since they also revealed the presence of fear of the procedure and the diagnosis of cancer. This research also highlights the importance of educational practice in the waiting room, as it is a space that minimizes anxiety and allows the exchange of knowledge between professional and client, as well as favoring a support network for clients. It is characterized as an important space for nurses to act in the Radiology Service.
A2	Rosini; Salum, 2014 ⁵	Care protocol for fine needle aspiration of the breast and thyroid. (Protocolo de cuidados para punção aspirativa por agulha fina de mama e tireoide.)	Texto Contexto Enferm, SciELO	The protocol was built and validated with the group of professionals, based on the researcher's immersion in the results resulting from meetings and interviews with clients, discussions with professionals and scientific evidence about the FNA exam, consolidating two major categories: the client's perception of breast and thyroid FNA and the care protocol.

Source: The Authors, Belém, PA, Brazil. 2021.



mination while bathing, through palpation and observation of the breast, in addition to guiding them on the importance of practicing physical activities, maintain healthy eating habits, explain the importance of carrying out the FNA exam, guiding how the procedure works and explain the harm caused by excessive consumption of alcoholic beverages and smoking.

It is important to consider that the professional nurse who is inserted in the mastology and radiology services where there is the practice of procedures such as FNA in the breast, will develop educational activities with women who will undergo the procedure, in order to provide security and support, before, during and after the procedure.

CONCLUSION

This study aimed to highlight the scientific production available in the literature that addressed the educational action of nurses with women who will undergo fine needle breast puncture. However, it was observed that it was not possible to identify enough material to show the educational work of this professional focused on the topic of the FNA procedure.

It is necessary to understand that the educational actions developed by nurses are strategies that contribute to the conduct of their work, as they are the ones that strengthen the bond between the professional and the patients at times when they feel insecure, distressed and vulnerable when it comes to the health-disease process. Therefore, adopting this strategy in sectors that perform breast FNA will contribute to reducing fears, doubts, anxiety and insecurity

shown by women before the procedure.

This study brought some limitations, especially regarding the search in the databases and the scarcity of material that addressed the theme, as it demonstrates the lack of production by nurses on the educational action with women who undergo this exam; as well as the loss of opportunity to talk about breast cancer prevention and the importance of early diagnosis.

Therefore, it is hoped that this study will contribute to improving the nursing care process and support the development of new research focused on the topic addressed, enabling new results and perspectives to improve the nursing care provided to women who are in the process of diagnosing benign or malignant lesions in the breast.

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