

10.2 Fibrocystic Changes/Cyclic Mastalgia

SUBJECTIVE	<p><u>May include:</u></p> <ol style="list-style-type: none">1. Lump(s) in breasts, often symmetrical.2. Tenderness in breasts – especially premenstrual (cyclic mastalgia).3. Caffeine use.4. Combined hormonal contraceptive use.5. Menstrual history.
OBJECTIVE	<p>Clinical breast exam: Non-dominant (without definite borders) rubbery tender tissue, often symmetrical. Usually upper, outer quadrants of breasts.</p>
ASSESSMENT	<p>Breast exam consistent with fibrocystic changes.</p>
PLAN	<ol style="list-style-type: none">1. Mammography per protocol (p. 10.1).2. Wear a well fitting, supportive bra.3. Consider decreasing caffeine use.4. Consider changing combined hormonal contraceptive dosage or method.5. Ibuprofen 200-800 mg TID prn pain 3-5 days.
CLIENT EDUCATION	<ol style="list-style-type: none">1. Instruct on self-breast awareness.2. Reinforce plan.
CONSULT/ REFER	<p>Persistent breast tenderness as determined by the clinician.</p>