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Treatment options for symptom relief in women with fibroids

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Uterine fibroids are benign tumors common in reproductive years of women. Depending on the size and location of the tumors, uterine fibroids can cause symptoms that can affect women's quality of life. The purpose of this integrative review is to critique and discuss current literature on treatment and intervention options that provide symptom relief for women with fibroids. This research study will examine how the advanced practice nurse can use these findings into practice using King's theory of goal attainment as a theoretical framework. The literature searches include PubMed, CAM PubMed, Google Scholar, Cumulative Index of Nursing and Allied Health Literature (CINAHL) and Ovid Medline. The 14 articles in this review study consist of quantitative studies with the participation of women in reproductive age. Results of this review suggest that there are various useful treatment options available for patients with symptomatic fibroid. Through education and counseling, the advanced practice nurse can provide support and assist patients in making informed decisions.

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