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Diagnostic accuracy of fine needle aspiration cytology of thyroid lesions and its histopathological correlation

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Introduction: Fine Needle Aspiration Cytology (FNAC) is the simple, cost-effective and widely used procedure for thyroid lesions. A study is undertaken to correlate the FNAC findings with histopathology in a spectrum of thyroid lesions. To determine the diagnostic accuracy of FNAC, it was compared with the histopathology to highlight its usefulness. This retrospective study was done in an upcoming tertiary care hospital of the eastern state, Bihar of India. This study was done for evaluation of FNAC findings for Thyroid lesions in a span of three years from 2014 to 2017. Records of 356 cases of thyroid lesions were studied, who underwent FNAC for thyroid lesions. Mean age of the patient was 42 years with a female to male ratio of 4.1:1. The cytological results were classified as inadequate, benign, suspicious, and malignant. According to FNAC diagnostic criteria, 22 cases (6.2%) were diagnosed as inadequate, 309 cases (86.8%) benign, 10 (2.8%) suspicious and 15 (4.2%) malignant for diagnosis. In the study, the cytohistological correlation was done in 42 cases. In which they were classified as non-neoplastic (benign) and neoplastic (malignant) lesions. Out of 42, 33 were classified as benign and 09 as malignant lesions. The sensitivity, specificity, and diagnostic accuracy were 71.4%, 100%, and 94.8%, respectively.

Conclusion: FNAC is a safe, simple, highly accurate, economical and universally accepted tool for the evaluation and management of thyroid lesions. FNAC also helps to avoid unnecessary surgical intervention in patients of the benign pathology of the thyroid gland. This study has shown that it has high specificity and accuracy and reinforces the need for its continuous practice in the management of thyroid lesions.

Biography

Punam Prasad Bhadani has done her medical graduation (M.B.B.S) in 1991 from Darbhanga Medical College, Bihar, India, and post-graduation (MD) in Pathology from Patna University, India in the year 1999. She worked as Assistant & Associate Professor at B.P. Koirala Institute of Health Sciences, Dharan, Nepal, Associate Professor at Government Medical College Haldwani, Uttarakhand, India, and Professor at School of Medical Sciences, Sharda University, Greater Noida, India. Presently she is Addl. Professor & Head, Department of Pathology, All India Institute of Medical Sciences, Bihar, India. She is the Editorial Board Members in two journals and published 60 paper and author of two books.

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