

A Study to Assess the Effectiveness of Structured Teaching Program on Knowledge of Breast Self-Examination and Practices Regarding Preventive Aspects of Breast Cancer among Adolescent Girls of 1st Year B.Sc Nursing Students in Index College of Nursing, Indore, Madhya Pradesh

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ABSTRACT

In, India, being the most common type of cancer in women, breast cancer accounts of 14% cancers in Indian women. It is reported that within every 4 minutes an Indian woman is diagnosed with breast cancer. Breast cancer is on the rise, both in rural and urban India. Cancer survival becomes more difficult in higher stages of its growth. Post cancer survival for women with breast cancer was reported 60% for Indian women. The simplest way to breast cancer prevention is by being able to do a Breast Self-Examination. Women should be doing this on a regular basis after they turn 30. After evaluating the epidemiological data in India about breast cancer, we are finding many more cases of breast cancer, so we realize that there is a need of providing the knowledge about the breast cancer and to create awareness in reproductive women regarding preventive aspects like Breast Self-Examination. The Breast Self-Examination will help the women to prevent or detect the breast cancer symptoms as early as possible.

The present study was undertaken to “Assess the knowledge on Breast Self – examination and practices regarding prevention aspects of Breast cancer among Adolescent Girls of 1st year B.Sc Nursing students in Index Nursing College, Indore”. In this study majority of students (60%) have inadequate level of knowledge and 38 percentage had moderate knowledge and only 2 percentage had adequate knowledge during pre-test. In post-test majority of the students (74%) had adequate knowledge and 26 percentage had moderate level of knowledge regarding Breast Self-Examination and practices regarding preventive aspects of breast cancer. This study shows there is a need for creating awareness in the community because this deadly disease is steadily growing over the years.

KEYWORDS: Breast cancer, Breast Self-examination, Knowledge, Nursing students, Adolescent girls

INTRODUCTION

Breast cancer is a global health issue and a leading cause of death among women internationally. (1-3) It is one of the major hidden burdens worldwide which develops tumours in the mammary gland and disrupts the usual function of breast tissue. It is the most common cancer in females in more than 150 countries including the developed and developing world. Most breast cancers begin in the ducts that carry milk to the

nipple (ductal carcinoma) some start in the gland that makes breast milk (lobular cancer). Breast cancer is distinguished from other types of cancer by the fact that it occurs in a visible organ and be detected and treated at an early stage. (4)

In India, it accounts for the second most common cancer in women. Around 80,000 cases are estimated to occur annually. The age-standardized incidence

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rate of breast cancer among Indian women is 22.9 and the mortality rate is 11.19. ⁽⁵⁾ In the present scenario, roughly 1 in 26 women are expected to be diagnosed with breast cancer in their lifetime. ⁽⁶⁾ The low survival rates in less developed countries can be attributed to the lack of early detection as well as inadequate diagnosis and treatment facilities. Recommended preventive techniques to reduce breast cancer mortality and morbidity include Breast Self-Examination (BSE), Clinical Breast Examination (CBE), and Mammography. ⁽⁷⁾

CBE and mammography require hospital visit and specialized equipment and expertise whereas BSE is an inexpensive tool that can be carried out by women themselves. ⁽⁸⁾ BSE benefits women in two ways: women become familiar with both the appearance and the feel of their breast and detect any changes in their breasts as early as possible. ⁽⁹⁾

Several studies, based on breast cancer patients' retrospective self-report on their practice of the breast self-exam, have established that a positive association exists between performance of the exam and early detection of breast cancer. There is also evidence that most of the early breast tumours are self-discovered, and that earliest self-discoveries are by BSE performers. Moreover, the need for greater understanding of the social-psychological factors affecting acceptance of BSE are of growing concern. ⁽¹⁰⁾

The significantly higher mortality rate has been considered due to poor knowledge of women, delay in diagnosis, and initiation of treatment. Therefore, this Community based study aimed to assess the knowledge regarding preventive aspects of Breast Cancer among Adolescent girls of 1st Year B.Sc. Nursing Students in Index College of Nursing, Indore, Madhya Pradesh.

Need for the Study

In, India, being the most common type of cancer in women, breast cancer accounts of 14% cancers in Indian women. It is reported that within every 4 minutes an Indian woman is diagnosed with breast cancer. Breast cancer is on the rise, both in Rural and

Result

Table 1: Frequency and distribution percentage distribution of respondents according to demographic variables

S. No	Demographic Variable	Category	No	Percentage	P- Value	Chi Square
1	Age	18	48	96	0.9253	0.1553
		19	2	4		
2	Religion	Hindu	45	90	0.4476	3.7037
		Christian	3	6		
		Muslim	2	4		
3	Food Habit	Vegetarian	25	50	0.552	1.185
		Non Vegetarian	25	50		

Urban India. Cancer survival becomes more difficult in higher stages of its growth. Post cancer survival for women with breast cancer was reported 60% for Indian women. The simplest way to breast cancer prevention is by being able to do a Breast Self-Examination. Women should be doing this on a regular basis after they turn 30. After evaluating the epidemiological data in India about breast cancer, we are finding many more cases of breast cancer, so we realize that there is a need of providing the knowledge about the breast cancer and to create awareness in reproductive women regarding preventive aspects like Breast Self-Examination. The Breast Self-Examination will help the women to prevent or detect the breast cancer symptoms as early as possible. ⁽¹¹⁾

Objectives

1. To assess the knowledge and practices regarding preventive aspects of breast cancer among Adolescent girls of 1st Year B.Sc. Nursing students in Index College of Nursing, Indore, Madhya Pradesh.
2. To find out the effectiveness of STP regarding BSE on Attitude score.
3. To determine the association between knowledge on breast cancer and selected demographic variables.

Materials and Methods

A pre-experimental study with one group Pre-and Post-Test design was conducted to assess Effectiveness of Planned Teaching Intervention on Knowledge and Practice of Breast Self-Examination among First Year B.Sc. Nursing Students.

A self-structured questionnaire was developed in Hindi and English. The questionnaire was divided into two parts i.e., first part questions were related to Bio – demographic data and the second part questions were related to knowledge on Breast-Self-Examination. The total questions were 20 and the maximum score was 20 for knowledge. To interpret the level of knowledge, the score was distributed as a) 0 – 10 poor knowledge b) 11 – 15 moderate c) 16 – 20 Adequate.

4	Type of Family	Joint	24	48	0.4976	1.395
		Nuclear	26	52		
5	Education of Father	Below High School	18	36	0.2145	8.336
		High School	14	28		
		Higher Secondary	13	26		
		Degree	5	10		
6	Education of Mother	Below High School	9	18	0.1517	9.411
		High School	20	40		
		Higher Secondary	20	40		
		Degree	1	2		
7	Occupation of Father	Private	30	60	0.7637	1.847
		Self	15	30		
		Government	5	10		

The above table shows that 96 percentage of the adolescent girls belongs to the age group of 18 and only 4 percentage of the respondents belongs to the age group of 19. In the demographic variable Religion 90% belongs to the category Hindu, 6 percentages and 4 percentage Christian and Muslim respectively. In food habit Vegetarian and Non vegetarian, the respondents occupy 50 percentages in each category. In type of family 48 percentage are from Nuclear family and 52 percentages are from Joint family. In the variable education of Father 36 percentage belongs to the category below high school, 28 percentage belongs to high school, 26 percentage belongs to higher secondary and only 10 percentage belongs to Degree. In the variable Education of Mother maximum category comes under the category High school and higher secondary i.e. 40 percentages each and only 2 percentages are from Degree level and 18 percentages from below high school level. In occupation of Father maximum respondents are private (60%) followed by self (30%) and 10 percentages from Government Sector

Table 2: Analysis of effectiveness of structured teaching programme on knowledge regarding Breast self-examination and practices regarding preventive aspects of breast cancer

S. No	Domain	Knowledge regarding Breast self-examination			
		Before STP		After STP	
		No	%	No	%
1	Inadequate Knowledge	30	60	0	0
2	Moderate Knowledge	19	38	13	26
3	Adequate Knowledge	1	2	37	74
4	Over all	50	100	50	100

Table 2 shows that majority of students (60%) have inadequate level of knowledge and 38 percentage had moderate knowledge and only 2 percentage had adequate knowledge during pre-test. In post-test majority of the students (74%) had adequate knowledge and 26 percentage had moderate level of knowledge regarding breast self-examination and practices regarding preventive aspects of breast cancer

Table 3: Mean, SD and mean score percentage of knowledge regarding Breast self-examination and practices regarding preventive aspects of breast cancer

S. No	Variable	Max Score	Before STP			After STP			t value	df
			Range	Mean	SD	Range	Mean	SD		
1	Knowledge	25	3 - 22	9.84	4.69	13 - 25	21.02	2.99	13.95	98

Table 3 depicts the Mean, SD, 't' value and df of the study. The range of knowledge score lies between 3 – 22 before STP and the range was 13 – 25 after STP. The mean score was 9.84 before STP and it increased to 21.02 after STP. The difference between the means score is 11.18. The SD was 4.69 before STP and it was 2.99 after STP. The 't' value is 13.95 and df value is 98.

Discussion

The present study was undertaken to “Assess the knowledge on Breast Self – Examination and practices regarding prevention aspects of Breast cancer among Adolescent Girls of 1st year B.Sc Nursing students in Index Nursing College, Indore”.

Among the 50 respondents 30 have Inadequate Knowledge, 19 has moderate knowledge and only 1 had Adequate knowledge regarding the study. It shows that there is a need for developing health education programme on Breast Self-Examination. BSE awareness should be created among adolescent

girls especially among Nursing students so that they can create an awareness in their Community area. There is a need for creating awareness in the community because this deadly disease is steadily growing over the years. An awareness about the diseases makes the disease to be diagnosed in an early stage and treatment can be initiated in an early stage. As the experts says cancer is not deadly if detected at an early stage. This study should be conducted in all Community areas to create an awareness about BSE for a healthy nation.

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