



BREAST SELF EXAMINATION

Salini S.R.

Assistant professor , Department of Obstetrics and Gynaecology , NIMS College of nursing , Neyyattinkara , Kerala , India .

ABSTRACT

The study attempt to assess the effectiveness of video assisted teaching programme on breast self examination among women in selected areas . Objectives to assess the knowledge of women on breast self examination to determine the effect of video assisted teaching programme on knowledge of women regarding breast self examination and to find out the association of knowledge on breast self examination with selected demographic variables . An evaluative approach with pre experimental research design with one group pre test post test without control group has been used to attain the objectives of the present study . The existing knowledge were collected by administering structured questionnaire during pre test . Then video teaching programme was administered to 60 women based on systematic random sampling technique . The pre test questionnaire and video programme were administered for 30 minutes . post test was conducted after 10 days . The result of the study revealed that the post test mean score 25.17 (SD = 1.75) was more than the pre test knowledge score 15.83 (SD = 4.08) . The obtained mean difference between the pre test and post test regarding knowledge score was 9.37 . The obtained t value 15.88 was statistically significant at the level of $p = 0.05$. The present study interpreted that video teaching programme regarding the breast self examination was effective in improving knowledge of women .

KEYWORDS :

1. INTRODUCTION

The female breast has been regarded as a symbol of beauty , femininity , sexuality and motherhood . The potential loss of a breast or a part of a breast may be devastation for many women because of the significant psychologic , social and body image implications associated with it .

Breast cancer is considered as the second most common type of cancer . In India the incidence of breast cancer is increasing with an estimated 80,000 new cases diagnosed annually . The breast is one of the most common sites for carcinoma in women , and breast cancer is the most common cause of death in women aged between 39-44 years . Despite technological advances in surgery , radiotherapy and chemotherapy , the death rate from breast cancer has remained stable for the last 30 years .

The past 20 years have witnessed a dramatic increase in our understanding of multistep carcinogenesis and the central role of genetic alterations in the diagnosis , treatment and prevention of breast cancer . Breast cancer is an extremely heterogeneous disease caused by interactions of both inherited and environmental risk factors that lead to progressive accumulation of genetic and epigenetic changes in breast cancer cells .

2 NEED AND SIGNIFICANCE OF THE STUDY

Breast cancer is a leading cause of cancer among women regardless of race and ethnicity . Worldwide 10 million new cases of invasive cancer are diagnosed each year . 10% arise in the breast , which makes it the second most common site of malignant neoplasm after the lung (WHO-2001) . Also breast cancer survivors are increasing day by day . The incidence of breast cancer in India shows a rising trend . It is the commonest cancer of the urban Indian women and the second commonest in the rural women .

Owing to the lack of awareness about this disease and in absence of a breast cancer screening programme , the majority of breast cancers are diagnosed at a relatively advanced stage . Breast cancer awareness programme are more concentrated in the cities and have not reached the remote and rural parts of the country . India having a heterogeneous culture , increasing awareness of this disease through various channels of communication In most cases , female health care providers are the preferred source of

information about breast cancer screening because women feel more comfortable being asked by ladies . Nurses and midwives are ideal health professionals who can increase public knowledge of breast cancer and encourage the practice of monthly breast self examination . The aim of the present study is to assess the knowledge of women about breast self examination .

3 OBJECTIVES OF THE STUDY

- 1) To assess the knowledge of women on breast self-examination .
- 2) To determine the effect of video assisted teaching programme on knowledge of women regarding breast self examination .
- 3) To find out the association of knowledge on breast self examination with selected demographic variables .

4 HYPOTHESES

- H1-The knowledge of women regarding breast self examination is not satisfactory .
- H2-There is a significant difference between the mean pre and post test knowledge scores of women regarding breast self examination .
- H3-There is a significant association between knowledge of women and selected demographic variables .

5 CONCEPTUAL FRAME WORK

The conceptual framework for the present study was developed on the basis of Pender's Health Promotion Model . It defines health as a positive , dynamic state not merely the absence of disease .

6 MATERIALS AND METHODS

6.1 Research approach

Evaluative approach was used to determine the effectiveness of video assisted teaching programme on breast self examination among women .

6.2 Research design

Pre experimental research design with one group pre-test post-test without control group has been used to attain the objectives of the present study .

6.3 Variables

Independent variable – video assisted teaching on breast self examination

Dependent variable – knowledge of women on breast self examination

6.4 Settings of the study

The study was conducted at selected wards (ward-7 and ward-14) of Anjarakandy Gramapanchayat.

6.5 Population and Sample

Population is all the women residing in Kannur District. To fulfil the objective of the study , women of 25-35 years at selected wards of Anjarakandy Gramapanchayat were selected. Systematic random sampling technique was used to select subjects. Sample size for the present study was 60 women of 25-35 years.

6.6 Sampling criteria

INCLUSION CRITERIA

1. women between the age group of 25-35 years
2. Women who are willing to participate in the study
3. women who are available during data collection period.

EXCLUSION CRITERIA

1. Women who are already diagnosed to have disease related to breast.
2. Women who are not willing to participate in this study.
3. women who cannot read Malayalam or English.

6.7 Tools and Technique

Tools used in the study were structured questionnaire on knowledge and video assisted teaching programme. The investigator developed socio demographic data sheet , structured questionnaire on breast self examination and video on breast self examination.

6.8 Data collection procedure

The study was conducted at selected wards of Anjarakandy Gramapanchayat. The data was collected during four weeks. Prior permission from the authorities was sought and obtained. Individual consent was taken. The study samples were selected by systematic random sampling method based on sample selection criteria. A total of 60 women of 25-35 years were selected for the study. The objectives and purpose of the study were explained and confidentiality was maintained. The information regarding background data was collected from the women by sociodemographic questionnaire. Selected women were given pre-test questionnaire and video of breast self examination and teaching was administered to all group members for 30 minutes. Post-test using questionnaire was conducted 10 days after the administration of pre-test and video teaching.

6 RESULT AND DISCUSSION

6.1 Results related to demographic variables

In this study, majority (65%) of the subject belongs to the age group between 25-30 years. They belong to Hindu 91.65% religion and only 8.33 % are from Muslims. The majority subject 93.33 % are married and 6.67% are single. In this majority subject, 43.33% are having two children and 38.33% subject have only one child and 18.33% subject have three and more children. About education, majority 73.33% of the subjects are college graduate and 20% subjects has higher secondary education and 6.67% subjects has elementary school education. Majority of the subjects 85% are house wise, 8.33% subjects has private job, and 6.67% are other employees. About 60% of subjects family income is below Rs.5000, 33.33% subjects belongs to the income level Rs. 5000-10000 and 6.67% subjects family income is above 10000. 50% subjects belong to nuclear family and 50% subjects belongs to joint family.

The study also reveals that scores of women regarding breast self examination have a mean of 15.2 is which is 50.87% of the

maximum score which indicate that the knowledge of women regarding breast self examination before video assisted teaching is not satisfactory.

6.2 Results related to pre and post knowledge scores

The majority of women 69.67% got adequate knowledge scores which ranges between 21-30 in post test, were as in the pre test only 10% scored adequate knowledge score. So there is an evident increase in the knowledge scores of women regarding breast self examination after video assisted teaching.

6.3 Results related to effectiveness of video teaching programme

The present study also reveals that overall mean knowledge score obtained by the subjects in post test is 83.9% with standard deviation 1.75 and that of pre test only 52.77% with standard deviation 4.08. The obtained t value 15.88 is greater than the table value at 0.05 level of significant. There for t values is found to be significant. This supports is that video teaching programme on breast self examination is effective in increasing the knowledge level of women.

6.4 Result related to association between selected demographic variable and knowledge level.

Regarding the factors such as Religion, Education, monthly income t values t=10.11,t=17.99,t=17.37 at the significant level of 0.05 respectively shows a significant relation with pre test scores on knowledge regarding breast self examination and factors such as age, marital status, number of children, occupation, family income t values t= 0.298, t=0.631, t=2.508, t=2.887, t=0.924 at the significant level of 0.05 respectively shows no significant relation with pre test scores on knowledge of women regarding breast self examination.

Table 1 distribution of mean percentage standard deviation of pre test. Statistical measures of the pre test scores of knowledge of women regarding breast self examination.

n=60			
Maximum score	Mean	Percentage	Standard deviation
30	15.83	50.87%	4.08

Table 2 comparison between pre test and post test knowledge level of sample women. Grading of pre and post test knowledge score of women.

Grade	Range	Pre test		Post test	
		Frequency	Percentage	Frequency	Percentage
Inadequate knowledge	1-10	4	6.67	0	0
Average knowledge	11-20	50	83.3	2	3.33
Adequate knowledge	21-30	6	10	58	96.67

Table 3 frequency distribution of mean standard deviation and mean percentage of pre test and post test. Mean, mean difference, standard deviation and t value of awareness score before and after the video assisted teaching programme among women.

n=60				
Test	Mean	standard deviation	Mean %	t value
Pre Test	15.83	4.08	52.77%	15.88
post test	25.17	1.75	83.9%	
mean difference	9.37			

Significant at 0.05 level

7 DISCUSSION

The present study is attempted to assess the effectiveness of video assisted teaching programme on knowledge regarding breast self examination among women of 25-35 years at selected wards of Anjarakandy Gramapanchayat kannur.

Review of literature was done for the present study under headings studies related to breast cancer and studies related to breast self examination. The investigator has developed a conceptual frame work based on pender's health promotion model. The modifying factors of planned video teaching programme was designed to improve the knowledge score. The tool developed in a video and structured questionnaire experts validated tolls and found reliable. The reliability of tool is established by spilt half method. The pilot study was conducted among 10 women. The main study was conducted. Systematic random sampling technique was used . The data analyses by descriptive and inferential statistical methods and interpretation was made on the bases of the objectives of the study. The investigator found that the video assisted teaching programme is an effective teaching strategy to improve the knowledge of women regarding breast self examination.

8 CONCLUSION

The conclusion drawn from the findings of the study is that the existing level of knowledge regarding breast self examination is inadequate and women gained knowledge after the video assist teaching programme and hence the structured video programme is found to be interesting and effective.

Nursing implications

The finding of the study have the following implication and inference of the present study is a vital matter to health team including nursing practice, nurse educators, nurse researcher and nurse administrator.

Nursing practice

Study recommends that the community nurse should encourage women for doing breast self examination for early detection of breast cancer.

Nursing education

The nurse is expected to act as advocates of women. Hence it is important to ensure that sufficient time and effort is allocated in nursing course to lay their strong foundation in the career of student nurses.

Nursing research

The finding of the study serves as a bases for the nursing professionals and students to conduct further studies in different aspects of a effectiveness of breast self examinations.

Nursing administration

With technological advances and the overgrowing challenges of the health care emphasis, the nurse administrator must have responsibility to provide nurses with substandard continuing educational opportunities.

REFERENCES

1. Lewis, Heitkemper, Dirksen, Obrien, Bucher. Medical Surgical Assessment and management of clinical problems. 7th Edition. India: Elsevier Publication; 2009
2. Sonia Devi, Bargain A, Shanthi S, Jyotha. N. Tiwari, knowledge and attitudes of women regarding prevention of breast cancer. Kerala Nursing forum, 2010 January-March ; 5 (1):34-35
3. Sona PS, Prof. Leelamma. B, Mrs. Saleena Shah. The Journal of Nursing Research. September 2006; 1(3)
4. Sharma S K. Nursing Research and Statists. India: a division of reed Elsevier India Private limited: 2011.
5. Khokar A SMS as a remainder system for making working women from Delhi, Breast cancer aware. Asian Par J CANCPREV 2009 April- June;10 (2):319-322
6. Baxter. Effectiveness of BSE to screen breast cancer nursing 2004;42:60-65
7. Suja J S. Effectiveness SIM on BSE for college in Bangalore, Nursing dissertation to Rajeev Gnadhi University 2002