

## The Knowledge Attitude and Practices of Undergraduate Students of Various Health Care Divisions Regarding Self- Breast Examination



### Surgery

KEYWORDS :

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### ABSTRACT

*Breast cancer is the second most commonest cancer among females which if recognized early can be treated and lead a normal disease free life thereafter. Self- breast examination is a very important method to help determine breast cancer early which every woman should know. In our study we studied this knowledge at the level of interns in the healthcare system the correct way of self breast examination and if possible to sought out a remedy to its ignorance. In India most often the common man seeks help of a known person or a relative in the medical field than the daughters for an initial opinion, this is possibly due to the fear and the social stigma associated with the disease. Therefore the authors of this study felt the need to educate the students well early in the course of the disease about breast cancer. So decided to study the knowledge attitude and practices of undergraduate students of various health care divisions regarding self- breast examination .*

#### Materials and methods

*This was a prospective cross-sectional study conducted at the medical colleges of Karnataka. The second year students of the medical, paramedical and nursing colleges were the target population of the study. The study was conducted between 2010 December and 2015 December. There was a questionnaire consisting of various questions in regard to self- breast examination which participants who were willing to part-take in the study had to fill before and after being taught to do self- breast examination. The data was analyzed*

#### Results

*Among the participants the nursing professionals had a better understanding of self- breast examination than the medical and paramedical students before they were taught self- breast examination*

#### Conclusion

*In conclusion, the lack of knowledge amongst the participants' is indicative of the fact that only a few people have self- breast examination training and such training programmes should be introduced college levels in order to detect the disease early decrease the morbidity of breast diseases.*

### Introduction

The incidence of malignancies is increasing worldwide. The age of occurrence of breast cancer is also changing and more cases are detected in the younger age group. Breast cancer is the second most commonest cancer among females which if recognized early can be treated with minimal cosmetic disfigurement and the cancer victim can lead a normal life thereafter. Self- breast examination is a very important method to help determine breast cancer early and this need to be taught to all women. There are various primary health care personnel who trained in this task. But at the level of trainees in the healthcare system the correct way of self breast examination is not taught so they lack the knowledge. In our study we studied these lacunae and if possible to sought out a remedy to it. In India most often the common man seeks help of a known person or a relative in the medical field than the daughters for an initial opinion, this is possibly due to the fear and the social stigma associated with the disease. Therefore the authors of this study felt the need to educate the students well early in the course of the disease about breast cancer. Hence we decided to study the knowledge attitude and practices of undergraduate students of various health care divisions regarding self- breast examination.

### Materials and Methods

This was a prospective cross-sectional study conducted at a medical college IN Karnataka. The second year students of the medical, paramedical and nursing colleges were the target population of the study. The study was conducted between 2010 December and 2015 December.. There was a questionnaire consisting of various questions in regard to self- breast examination which participants who were willing to part-take in the study had to fill before and after being taught to do self- breast examination. Questionnaire was not filled until the verbal consent was obtained from the participants. Each college was given a code so that data could be analyzed easily. Data was entered and was analyzed by frequency percentage.

### Result

Among the participants the nursing professionals had a

better understanding of self- breast examination than the medical and paramedical students before they were taught self- breast examination when asked how they knew most of them said as they interacted with the bystanders of patients as students with breast cancer during their was post-ings they were asked by them is there any way to detect breast cancer early they had asked their seniors and learnt it.

**Table 1 -Pre-counseling the students about breast cancer and cancer prevention knowledge about breast cancer etiology**

Group	Yes	No
Nurses	54	18
Paramedical	25	39
Medical	78	19

**Table 2- knowledge about breast cancer screening methods**

Group	Yes	No
Nurses	63	18
Paramedical	50	29
Medical	93	19

**Table 3 -knowledge about self breast examination**

Group	Yes	No
Nurses	86	7
Paramedical	19	39
Medical	40	11

**knowledge about counseling patients on breast diseases**

Group	Yes	No
Nurses	59	9
Paramedical	9	40
Medical Interns	72	17

After the students were taught about the breast diseases, the causes, the methods of identifying it early the knowledge was equal min the three groups

## Discussion

With the westernization of the Asian continent and the stressful life many chronic diseases and cancers are steadily increasing in prevalence. Breast cancer is the second most common cancer in India affecting 10-22% of the population. India though being the second most populous country in the world there is no established national breast screening programme.

BSE involves visualization and palpation of the breast by oneself for lumps, shape, texture, size and contour. In a study by Baines it concluded that BSE has a positive effect on the early detection of breast cancer (Baines 1999)<sup>1</sup>. This statement was further supported in another study which concluded that if imaging was added to clinical examination the cancer detection rates were higher (Smith 2005)<sup>2</sup>.

In a study done among Female Dental Students in Hyderabad City showed the need for educational programs among them to create awareness regarding regular breast cancer screening behavior (Dolar et al 2012)<sup>3</sup>.

In another study in among Women in South East Nigeria showed low level of awareness of BSE. (Obaji et al 2013)<sup>4</sup>. All these results do tally with our study which showed the low level of awareness among the population and need to increase the level of awareness through implementing training in BSE.

In another study conducted at Karnataka by Reshmina and colleagues similar results were found <sup>5</sup>

## Conclusion

In conclusion, inadequate knowledge of self-breast examination and many recognized the need for introduction of formal training program at school/college level. The lack of knowledge of first aid amongst the university students is indicative of the fact that only a few people have self-breast examination training and such training programmes should be introduced college levels in order to detect the disease early decrease the morbidity of breast diseases.

## Limitations

The choice of students and the number for this study were on basis of feasibility of obtaining data from them.

## Acknowledgments

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