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A STUDY TO ASSESSOUTCOME OF NEED BASED EDUCATION ON EARLY DETECTION AND PREVENTIVE MEASURE OF BREAST CANCER AMONG WOMEN ATTENDING DHIRAJ GENERAL HOSPITAL, PIPARIA, VADODARA."

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ABSTRACT

Aim and objectives: Aim of study to assess outcome of need based education on early detection and preventive measure of breast cancer among women attending Dhiraj General Hospital, Piparia, Vadodara. Background of the study: According to the World Health Organization, breast cancer is the most common cancer among women worldwide, Among Indian women; Breast cancer is the second most common cancer after cancer of the uterine cervix and is already the leading cancer in certain metropolitan cities. Methodology: A pre-experimental approach was used in the study to assess outcome of need based education on early detection and preventive measure of breast cancer among women attending Dhiraj General Hospital, Piparia, Vadodara. The Investigator Adopted non probility convenience sampling technique. Sample size 100 women who attending Dhiraj General Hospital. Results: analysis of findings of the data collected from 100 women from Dhiraj general hospital. The Analysis was carried out in 2 parts .Demographic characteristics of women and analysis of knowledge on early detection and preventive measure of breast cancer.Findings revealed that the post- test mean (%) score was (95%).The paired 't' test (38.342) shows that the gain in knowledge is highly significant. Two demographic variables significant with the residential area and marital status and other demographic variable were not significant with associate on early detection and preventive measure of breast cancer. Conclusion: The study was undertaken to assess outcome of need based education on early detection and preventive measure of breast cancer among women attending Dhiraj General Hospital, Piparia, Vadodara., followed by implementation of demonstration of breast self examination and lecture cum discussion method. Post test was conducted on same day after the need based education using the same self structured knowledge questionnaire to find out the effectiveness. The results were analyzed by using both descriptive and inferential statistics

KEYWORDS   Need based education, early detection and preventive measure of breast cancer, women.

INTRODUCTION

According to the World Health Organization, breast cancer is the most common cancer among women worldwide, Among Indian women; Breast cancer is the second most common cancer after cancer of the uterine cervix and is already the leading cancer in certain metropolitan cities. Cells in the body normally divide (reproduce) only when new cells are needed. Sometimes, cells in a part of the body grow and divide out of control, which creates a mass of tissue called a tumor. If the cells that are growing out of control are normal cells, the tumor is called benign (not cancerous). If however, the cells that are growing out of control are abnormal and don' function like the body's normal cells, the tumor is called malignant (cancerous).Cancers are typically named after the part of the body from which they originate. Breast cancer originates in the breast tissue. Like other cancers, breast cancer can invade and grow into the tissue surrounding the breast. It can also travel to other parts of the body and form new tumors, a process called metastasis. Women, in general, and especially those over the age of 35 years are required to be more educated about the many available screening modalities for breast cancer and also need to be encouraged to adopt these as efficiently as they can. Screening for breast cancer includes mammography,

clinical breast examination by a physician and breast self examination, MRI, biopsy, scintimammography, thermography, ductogram, nipple discharge exam, nipple aspiration, and ductal lavage . Delays in diagnosing breast cancer also are a problem. Many younger women who have breast cancer ignore the warning signs. Preventive measures are help in prevention of breast cancer. such preventive measures of breast cancer are keep weight in check, be physically active, avoid too much alcohol, breastfeed, if possible, avoid birth control pills, avoid post-menopausal hormones, family history of cancer, use of tamoxifen and raloxifene, eat healthy to avoid tipping the scale.

NEED OF THE STUDY

A person's age, genetic factors, personal health history and diet all contribute to breast cancer risk. Breast cancer ranks seconds as a cause of cancer death in 2013, about 232,340 women would be diagnosed with invasive breast cancer and about 39,620 would die from the disease. NUMBER OF NEW CASES AND DEATHS PER 100,000: The number of new cases of breast cancer was 124.6 per 1, 00,000 women per year. The number of deaths was 22.2 per 1, 00,000 women per year. These rates are age-adjusted and based on 2007-2011 cases and deaths.For India, for the year 2012:

- **144,937** women were newly detected with breast cancer
- **70,218** women died of breast cancer
- 144937 / 70218 = 2.06 = round it off to 2. So roughly, in India, f**or every 2 women newly diagnosed with breast cancer, one lady is dying of it.** Diagnosing breast cancer in younger women (under 40 years old) is more difficult, because their breast tissue is generally denser than the breast tissue in older women. By the time a lump in a younger woman's breast can be felt, the cancer often is advanced. Research has shown that breast self examination plays a small role in finding breast cancer compared with finding a breast lump by chance or simply being aware of what is normal for each woman.

OBJECTIVES OF THE STUDY

1. To assess the existing knowledge of women on early detection and preventive measure of breast cancer.

2. Demonstrate need based education on early detection and preventive measure of breast cancer among women.

3. Evaluate the need based education of early detection and preventive measure of breast cancer.

4. To find out association between pretest knowledge with selected socio-demographic variable.

METHODOLOGY:
RESEARCH APPROACH
.An evaluative research approach was considered to be the most appropriate and adopted in order to assess outcome of need based education on early detection and preventive measure of breast cancer among women attending Dhiraj General Hospital, Piparia, Vadodara.

RESEARCH DESIGN
Polit & Hungler, The research design spells out the strategies that the researcher adopt to develop information that is accurate, objective and interpretable. A design is used to structure the research, to show how all of the major parts of research project the samples or groups, measure, treatments, or programs and methods of assignments work together to try to address the central research question. The design adopted for the study is pre-experimental – one group pre-test and post-test design.

The present study is conducted to assess the effectiveness of need based education on early detection and preventive measure of breast cancer among selected women at Dhiraj General Hospital, Piparia, Vadodara.

RESEARCH DESIGN.
One group pre-test post-test designwas adopted for the study (O1-X-O2).the investigator introduced tested criterion measure before and after planned exposure which is depicted asO1 & O2 respectively.

SETTING: Setting is the physical location and condition in which data collection takes place in a study. The present study setting in the Dhiraj General Hospital, Piparia, Baroda.
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POPULATION: The population referred to as the target population, which represents the entire group or all the elements like individuals or objects that meet certain criteria for inclusion in present study comprises of women Attending Dhiraj General Hospital.

SAMPLE: Sample refers to subset of a population that is selected to participate in a particular study. The sample size was 100 women who were selected from Dhiraj General Hospital,Piparia,Baroda.

SAMPLING TECHNIQUE:
Sampling defines the process of selecting a group of people or other elements with which to conduct a study. Non probability convenience sampling technique used for this study.

RESULTS:
analysis of findings of the data collected from 100 women from Dhiraj general hospital. The Analysis was carried out in 2 parts .Demographic characteristics of women and analysis of knowledge on early detection and preventive measure of breast cancer.Findings revealed that the post- test mean (%) score was (95%).The paired 't' test (38.342) shows that the gain in knowledge is highly significant. Two demographic variables significant with the residential area and marital status and other demographic variable were not significant with associate on early detection and preventive measure of breast cancer.

CONCLUSION:
The study was undertaken to to assess outcome of need based education on early detection and preventive measure of breast cancer among women attending Dhiraj General Hospital, Piparia, Vadodara. The study involved one group pre-test and post-test using pre-experimental design, with non-probability convenience sampling technique was used to draw the samples. The size of sample was 100 women and selection of the sample was done according to inclusion and exclusion criteria. The women answer the self –structured administered questionnaire in pre-test .followed by implementation of need based education. Post test was conducted on the same day after the need based education using the same self structured knowledge questionnaire to find out the effectiveness. The results were analyzed by using both descriptive and inferential statistics.