

A STUDY TO ASSESS KNOWLEDGE REGARDING BREAST CANCER AMONG FEMALE NURSING STAFF IN DIST . BHAGWAN DAS KHETAN HOSPITAL JHUNJHUNU (RAJ.) WITH A VIEW TO DEVELOP AN INSTRUCTIONAL MODULE

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ABSTRACT

Introduction : Breast cancer is one of the leading causes of cancer deaths in women between age of 14 to 54. One of the eight women will develop breast cancer in her lifetime. Early diagnostic interventions are the stones of treatment for breast cancer. 77% of women recognized breast cancer only in the later stage. Hence, instructional module will enhance the knowledge of female nursing staff. Because female nursing staff can enhance the knowledge of the women regarding breast cancer and breast self examination as a preventive measure for breast cancer.

Materials and methods : The Descriptive survey approach with non experimental descriptive and interventional design was used in this study. Non probability Purposive sampling technique was used to select the samples. 100 female nursing staff working in BDK hospital, Jhunjhunu. Rajasthan. were included in the study. The data was collected and organised for data analysis. An instructional module was developed for nursing staff about breast cancer.

Results : In area wise analysis it was observed that the female nursing staff have a better knowledge regarding the primary prevention of breast cancer (mean =3.73, SD +1.533) and the least mean score on the structure of the breast 1.92 (SD 0.3913). Demographic variables like age, educational discipline, area of living and religion were associated with the level of knowledge of the female nursing staff. Only the Income groups were found to have no association with the level of knowledge of the female nursing staff

Conclusion : Study findings revealed that majority of nursing staff had inadequate knowledge regarding many aspects of breast cancer. So instructional module is an effective mean to enhance their knowledge about breast cancer.

Keywords : Assess, Breast cancer, knowledge, Instructional module,, nursing staff, breast self examination, female nursing staff, Knowledge.

INTRODUCTION:-

The commonest disease that shortens the life of a woman and that threatens the happiness and peace of home is Breast Cancer. Not only in the industrialized countries, in countries like India the incidences of Breast Cancer are increasing steadily since past two decades and it surely will go up further because the life expectancy is rising speedily and with that the risk of breast cancer too is rising. Breast Cancer or carcinoma of breast refers to hypertrophy and hyperplasia of breast cells. Causes and risk factors of breast cancer are genetic factors, previous breast cancer, nulliparity, high socio economic status, early menarche, late menopause, diet high in total fat. Breast cancer is a malignant (cancerous) growth that begins in the tissues of the breast. Cancer is a disease in which abnormal cells grow in an uncontrolled way. Breast cancer is the most common cancer in women, but it can

also appear in men. In the U.S., it affects one in eight women. Breast cancer is common among the women over the age of 40 years or older but it is also being diagnosed in their teens, twenties and thirties though the percentage is very low compared to that of older women aged 40 years and older.

Breast self examination is a technique that all women can use to assess their own breasts. Women familiar with their own normal breast characteristics can easily notice the development of abnormalities early. Treatment of breast cancer requires mastectomy and lymph node removal, radiotherapy and chemotherapy are administered if the nodes are involved.

Breast cancer is one of the commonest causes of death in many developed countries in middle aged women, and becoming frequent in developing countries as well. Breast

cancer causes 3,16,000 deaths a year worldwide about 9,00,000 women are diagnosed every year with the disease. More than half of these cases are in industrialized countries about 2,20,000 in Europe and about 1,80,000 in North America. Incidence of breast cancer in India too is rising steeply and catching up with rates in western world at present. Breast cancer accounts for 19.34% of all cancer cases among women. The age standardized incidence rates here vary from 9- 28.6% per 100,000 women.

Much emphasis needs to be placed on improving early breast cancer screening, including comprehensive community education, culturally tailored and linguistically appropriate materials, and improved access to low cost screening sites. Future research should focus on actual determinants and facilitators of regular screening behavior within a theoretical framework that incorporates cultural, ethnic and socioeconomic diversity.

OBJECTIVES OF THE STUDY

1. To assess the Knowledge of female nursing staff on breast cancer.
2. To find out association between the knowledge of female nursing staff regarding breast cancer and demographic Variables
3. To develop an Instructional Module for female nursing staff for prevention and early detection of Breast cancer.

HYPOTHESIS:-

H₀: There is no significant association between Knowledge of female nursing staff regarding breast cancer and selected demographic variables.

H₁: There is significant association between Knowledge of female nursing staff regarding breast cancer and selected demographic variables.

MATERIALS AND METHODS:

Development of self instructional module:-

Preparation of self instructional module was done in English and Hindi. According to the review of literature, knowledge score obtained by nursing staff during pilot study and expert's opinion the self instructional module was prepared containing brief and precise information on prevention and early detection of breast cancer.

Data collection procedure:-

Permission to conduct the study is obtained prior to the study from the Principal medical officer of the BDK Hospital.

Jhunjhunu (Raj), where the study was proposed. The data was collected from 16.11.2012 to 19.11.2012. The total sample of the main study consisted of 100 female nursing staff who met the inclusion criteria for the study. Before collecting data consent was obtained and purpose of study was explained to the participants. Each day around 5-6 nursing staff were taken and around 40-50 minutes were given to each sample to complete the questionnaire. A descriptive survey approach was adopted with non probability convenient & purposive sampling technique. The tool used for data collection was structured knowledge questionnaire. Data obtained were analysed and interpreted by using descriptive and inferential statistics. Data related to personal background were analysed in terms of frequency and percentage distribution. Chi-square χ^2 test was applied to interpret the significant association.

The prepared self instructional module were distributed to the participants as their knowledge was inadequate about prevention and early detection of breast cancer.

RESULTS AND FINDINGS:

Table 1 : Mean, Mean Percentage and Standard Deviation of Knowledge score of the sample

N=100

Maximum Possible score	Range of score	Mean	Mean Percentage	Standard Deviation
35	2-34	16.74	47.83%	±5.181

The data presented in Table-1 shows that overall mean score of the female nursing staff is 16.74 and with a standard deviation of 5.181.

The female nursing staff who scored less than 50% were grouped under Inadequate knowledge category, those who scored 50-75% were grouped under Moderate knowledge category and those with more than 75% were grouped under Adequate knowledge category.

Table-2 : Distribution of sample Overall Knowledge in breast cancer

N=100

Overall Knowledge of nursing staff	Total Number	Percentage
Adequate	14	14%
Moderate	25	25%
Inadequate	61	61%

According to Table-2, majority 61 (61%) female nursing staff knowledge level was Inadequate, 25 (25%) female

nursing staff were moderate and the least 14(14%) were adequate in their knowledge pertaining to breast cancer.

CONCLUSION:-

As there is no primary prevention for breast cancer, but through secondary prevention the disease can be control. The objective of secondary prevention is early detection and prompt intervention to stop disease process thus shortening both the duration and severity of illness and enabling the individual to resume normal function as soon as possible. Primary the women herself lays an important role in detecting any change in breast at the early stage. Education of women about the risk factors associated with breast cancer can be effective to promoting and reinforcing positive health behaviors that increase opportunities for early detection. To achieve this goal it is essential that firstly health workers like staff nurses must be well knowledgeable and well oriented about the measures of early detection and prevention of breast cancer so that they can make women aware about breast cancer and its early detection by breast self examination.

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