A Quasi-Experimental Study To Assess The Effectiveness Of Education Interventional Package On Knowledge And Practice Regarding Early Detection Methods Of Breast Cancer Among Women, In Karaikal District

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Abstract

Background: Breast cancer (the uncontrolled growth of abnormal cells in the breast) is one of the most common cancer types in the United States. Early detection is key in the treatment of breast cancer. There are steps you can take to detect breast cancer when it is most treatable. Although breast cancer screening cannot prevent breast cancer, it can help find breast cancer early, when it is easier to treat.

Aim & Objectives: • To assess and compare the pre and post test level of knowledge and practice regarding breast self examination among women in experimental and control group. • To assess the effectiveness of education interventional package on knowledge and practice regarding breast self examination among women. • To associate the selected demographic variables with the mean differed knowledge and practice score regarding breast self examination in experimental and control group.

Methods: A quasi experimental study. Data were obtained by self structured questionnaire. Out of 100 women, 95 (%) agreed to participate in the study. **Results:** The global percentage of correct answers was not associated with age (p=0.173) or degree/specialization (p=0.815). Questions were classified into two categories. In categories involving knowledge on hereditary breast cancer, the rate of correct answers was 42.4%, respectively. On the practice of screening methods 70% of those interviewed were not sure about the screening methods and Practice of educational actions regarding this subject was reported by 30% of those interviewed. **Conclusion**: This study reinforces the need to develop qualifying actions for women, so that strategies to control breast cancer become effective in their health care practice.

Descriptors: Knowledge; women, screening methods, breast cancer.

Introduction:

Cancer as a dreadful disease has a relentless, very painful and debilitating curse and if not treated properly in time, results in death. Cancer is major public health problem affecting million of people worldwide. The prevalence of cancer is increasing in developing world due to increase in life expectancy, increased urbanization and adoption of western life style.

Statement of the problem

A quasi-experimental study to assess the effectiveness of education interventional package on knowledge and practice regarding early detection methods of breast cancer among women, in Karaikal district

Objectives

• To assess and compare the pre and post test level of knowledge and practice regarding breast self examination among women in experimental and control group.

• To assess the effectiveness of education interventional package on knowledge and practice regarding breast self examination among women.

• To associate the selected demographic variables with the mean differed knowledge and practice score regarding breast self examination in experimental and control group.

Assumptions

 • Women may have some knowledge and practice regarding breast self examination.

• Education interventional package will enhance the knowledge and practice of women regarding breast self examination.

Null Hypotheses

Ho1: There will be no significant difference between the pre and post test level of knowledge and practice regarding breast self examination among women between experimental and control group at the level of $p<0.05$.

Ho2: There will be no significant association between the mean difference in knowledge and practice with selected demographic variables among women.

Materials and methods

Operational definitions:

Effectiveness:

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It refers to the outcome of education interventional package on knowledge regarding breast self examination among women, which was assessed by structured knowledge and practice questionnaire prepared by the investigator.

Education interventional package:

It refers to the information provided by the investigator to create awareness among women regarding early detection methods of breast cancer (breast self examination, clinical breast examination and mammogram) which was given by means of lecture cum discussion on definition, steps, techniques and advantages and disadvantages.

Knowledge:

It refers to the ability of the women to respond to the questions regarding early detection methods of breast cancer which was assessed by structured knowledge questionnaire prepared by the investigator which include definition, signs and symptoms, risk factor and early detection methods of breast cancers. The content was administered using • Lecture cum discussion with power point presentation on general information, definition, risk factor, signs and symptoms, early detection methods , and preventive strategies on breast cancer. • Slide show on breast self examination. • Reinforcement through pamphlet- on preventive strategies.

Women:

Description of the tool:

Section -A

Demographic Variables Consisted of demographic variables which included age, designation, marital status, type of family, family history of cancer, previous knowledge and source of information.

Section- B

A structured knowledge questionnaire was developed to assess the knowledge regarding early detection methods of breast cancer among women.

Section –C

Practice check list on breast self examination.

Data Collection Procedure

The investigator selected 100 samples, who fulfilled the sample selection criteria using purposive sampling technique. 50 samples were selected from Melakasakudi village which was considered as experimental group and 50 samples were selected from Serumavillangai village

which was considered as control group. The data collection for the study was collected within the period of four weeks. The investigator gave brief introduction about self and purpose of the study to women. They were made to sit comfortably in a well ventilated room and confidentiality regarding the data was assured to win their cooperation during data collection. After obtaining verbal and written informed consent for willingness to participate in the study, the pretest level of knowledge and practice was assessed using structured knowledge questionnaire and check list which took about 20-30 minutes. On the next day the women were made to sit comfortably in well ventilated room. The investigator administered Education interventional package on early detection methods of breast cancer using lecture cum discussion with the power point presentation which took about 30-40 minutes and demonstration of breast self examination for women in Melakasakudi village . The doubts of the women were clarified and a pamphlet on early detection methods and preventive strategies of breast cancer was given to sustain the knowledge of women. After 7 days posttest level of knowledge was assessed using same structured knowledge questionnaire which was used for pretest and return demonstration of breast self examination was assessed by check list. For control group same data collection procedure was executed without intervention (wait list control group).

Findings

With regard to age in years, 18(60%) in experimental group and 22(73.33%) in control group were between the age group of 30-40 years, 26(86.67%) in experimental group and 16(53.33%) in control group were graduates, 30(100%) were married in both experimental and control group, 18(60%) belonged to nuclear family in both experimental and control group respectively. family history of cancer, in experimental group 4(13.33%) had family history of cancer,. Whereas in control group 3(10%) had family history of cancer, Regarding source of information 11 (36.67%) in experimental group and 15(50%) in control group had received information on early detection of breast cancer out of which 5(45.45%) in experimental group have gained information through newspaper/ magazine, health care personnel, 8(53.33%) in control group have gained information through health care personnel.

With regard to over all pretest level of knowledge in experimental group majority 27(90%) had inadequate knowledge, 3(10%) had moderately adequate knowledge, similarly 23(76.67%) had inadequate knowledge, 7(23.33%) had moderately adequate knowledge in control group.
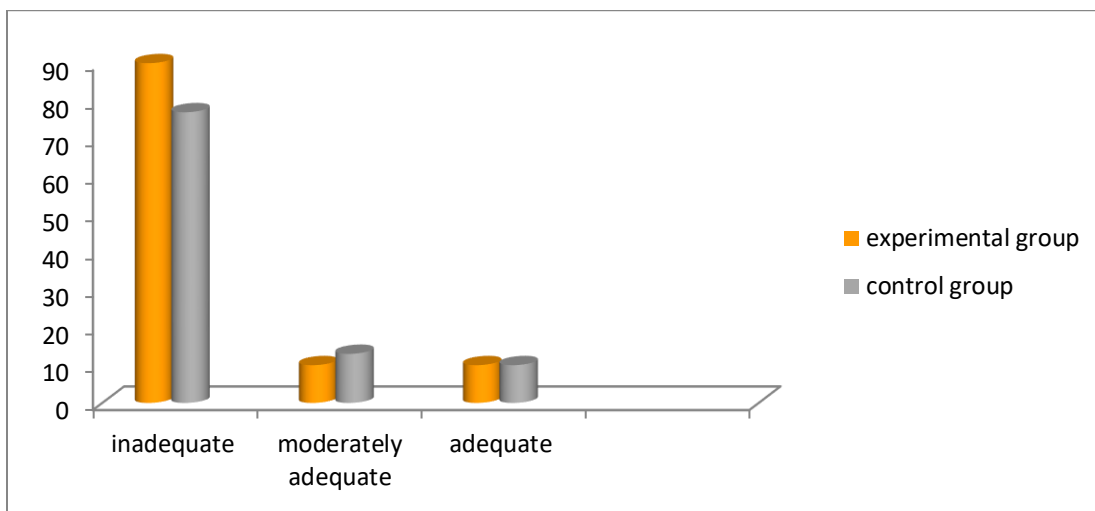
Figure 1: Percentage Distribution of the Overall Pretest Level of Knowledge regarding early detection methods of breast Cancer among women in the Experimental and Control Group

With regard to post test level of knowledge in experimental group 24(80%) had adequate knowledge, 6(20%) had moderately adequate knowledge where as in control group majority 23(76.67%) had inadequate knowledge and 7(23.33%) had moderately adequate knowledge.
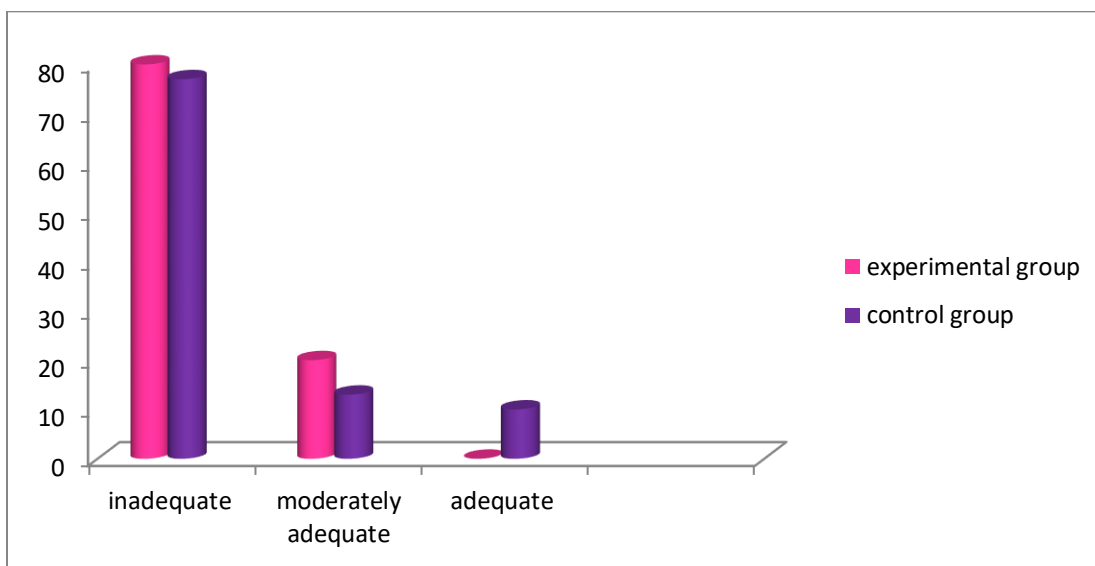

. Figure 2: Percentage Distribution of the Overall Posttest Level of Knowledge regarding early detection of breast Cancer among women in the Experimental and Control Group

Regarding the practice on breast self examination in experimental group majority of women 86% had poor practice, 10 % of women had moderate practice and 4% women had good practice. Similarly 79% women had poor practice. 13% women had moderate practice and 8% of women had good practice in control group.
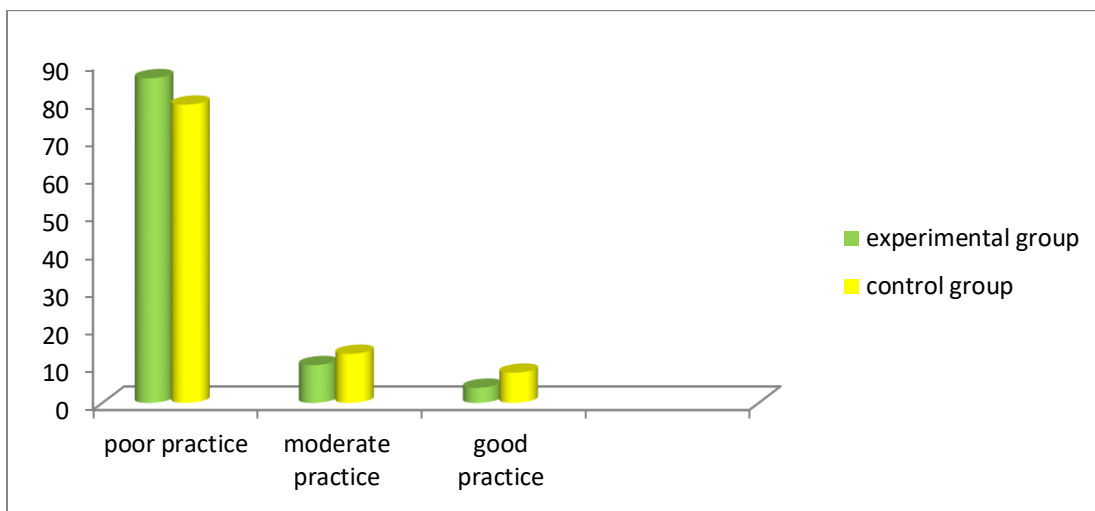
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Figure 3: Percentage Distribution of the Overall Pretest Level of practice regarding breast self examination among women in the Experimental and Control Group.

With regard to the practice on breast self examination in experimental group majority of women 88% had good practice, 12 % of women had moderate practice. Similarly 80% women had poor practice. 20 % women had moderate practice of breast self examination in control group.
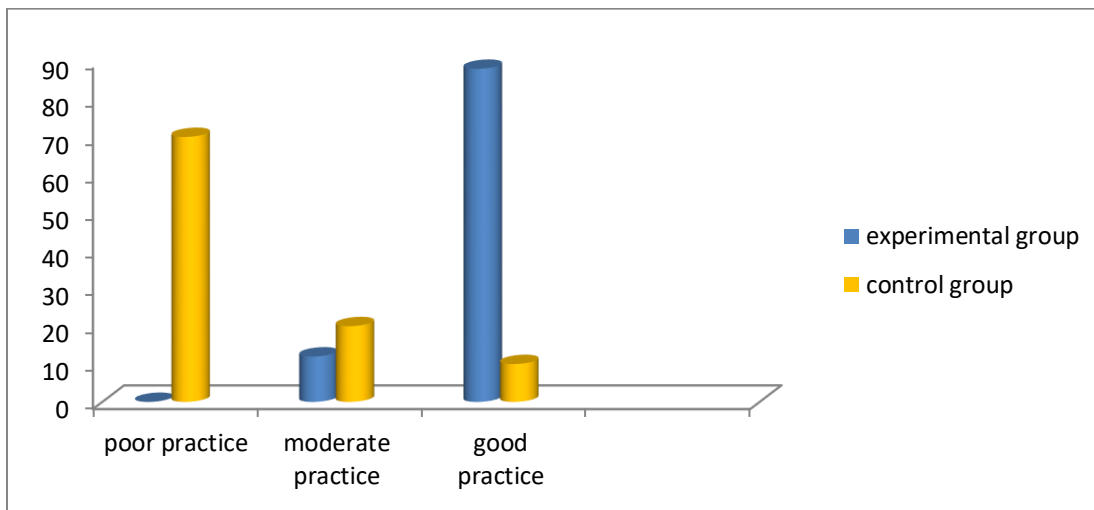

Figure 4: Percentage Distribution of the Overall Post test Level of practice regarding breast self examination among women in the Experimental and Control Group.

Table 1: Comparison of Pre and Post Test Level of Knowledge regarding early detection of breast Cancer among women between Experimental and Control Group.   N=100

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Level of knowledge	Experimental group		Control group		Unpaired 't' Value
	Mean	SD	Mean	SD	
Pretest	10.20	1.52	10.70	2.32	t = -0.987 p = 0.328 (NS)
Post test	20.67	2.19	10.67	2.68	t = 15.827*** p = 0.001 (S)

***p < 0.001, S – Significant, NS – Not Significant

The mean post test knowledge among experimental group was significantly high, M=20.67, t=15.827 (p.05) it was not statistically significant.

Table 2: Comparison of Pre and Post Test Level of practice regarding breast self examination among women between Experimental and Control Group. N = 100

Level of practice	Experimental group		Control group		Unpaired 't' Value
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The mean post test practice among experimental group was significantly high, M=20.67, t=15.827 (p.05) it was not statistically significant.

The demographic variables type of family, family history of cancer, had showed low statistically significant association at p<0.05 level and other demographic variables did not reveal any significant association with the mean differed knowledge score regarding early detection of breast cancer and practice on breast self examination among women in experimental group.

CONCLUSIONS

The midwives play an important role in educating women through specially designed educational programs in the clinical setting, as well as, through community outreach strategies that suit our social and cultural setting. In addition, they constitute an important source of information within their social networks. Midwives have a vital role to educate the opinion leaders and to build their knowledge, understanding in relation to reproductive cancer. Midwives should possess professional responsibility in educating opinion leaders that encompass teaching, counseling and clinical roles. The findings of this study will act as a catalyst to carry out more

extensive and cost effective research in promoting knowledge and early detection of reproductive cancer.

REFERENCE: