

Effectiveness of Structured Teaching Program on Knowledge Regarding Breast Cancer among Post Menopausal Women Residing in Selected Community Areas

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INTRODUCTION

“Breast cancer changes you and changes can be beautiful.”

Jane Cook,

Breast Cancer Survivor

Cancer begins when healthy cells in the breast change and grow out of control. Forming a mass or sheet of cells called a tumor. A tumor can be cancerous or benign a cancerous tumor is malignant, meaning it can grow and spread to other parts of the body. A benign tumor means the tumor can grow but will not spread. Breast cancer spreads when the cancer grows into other parts of the body or when breast cancer cells move to other part of the body through the blood vessels and /or lymph vessels .¹

BACKGROUND

The general approach to evaluation of breast cancer as become formalized as triple assessment; clinical examination, increased public awareness and improved screening have led to earlier diagnosis, at stages amenable to complete surgical resection and curative therapies. Improvement in therapy and screening has led to improved survival rates for women diagnosed with breast cancer. Surgery and radiation therapy, along with adjuvant hormone or chemotherapy when indicated, are now considered primary treatment for breast cancer. For many patients with low-risk early- stage breast cancer, surgery with local radiation is curative.¹

NEED OF THE STUDY

Among 100 female patient taken up for the study, 48 were pre menopause in 52, pots menopause patient 42% attained menopause at age < 42 years and 58% attained menopause at age > 45 years In this study the age at diagnosis raged between 24 and 80 years with a mean age of 47.7 years more than half of the patient (54%) were diagnosed between the age at 40 and 60 years about 26% were aged younger than 40 years and 20% were aged older than 60 year at presentation¹.

Breast cancer is the most common female cancer worldwide, global burden of breast cancer will increase to over 2 million new cases by 2030, the incidence of breast cancer is rising in India (22.9%) and is now the second most commonly diagnosed².

Cancer in women after cervical cancer the age standardized mortality rate for breast cancer in India was found to be 11.1/100,000 where globally it was 12.5/100,000 according to international agency for research on cancer report in 2008².

STATEMENT

“Effectiveness of structured teaching program on knowledge regarding breast cancer among post menopausal women residing in selected community areas”.

OBJECTIVES

- Assess the pre test knowledge regarding breast cancer among post menopausal women.
- Assess the post test knowledge regarding breast cancer among post menopausal women.
- To compare pre test and post test knowledge score regarding breast cancer among post menopausal women.
- To find out association of study findings with selected demographic variables.

HYPOTHESIS

- H_0 – Their will not be significant effect of structure teaching program on knowledge regarding breast cancer among post menopausal women.
- H_1 - There will be significant effect of structure teaching program on knowledge regarding breast cancer among post menopausal women.

- **REVIEW OF LITRETURE**

- A total of 7066 women aged 15 to 70 years showed varied levels of awareness on risk factor such as family history (13-58%) , reproductive history (1-88%) and obesity (11-51%) literacy levels on risk factor did not improve over the eight year period(2005-2013). On average, nurses reported higher ,thought still varied awareness levels for risk factor such as family history (40.8-98%), reproductive history (21-90%) and obesity (34-6%) awareness levels more not consistently higher for the stronger determinants of risk².

- This study a comprehensive review of the breast cancer literature examine epidemiology , diagnosis , pathology, ” benign” breast disease , breast carcinoma in situ syndromes , standing and post treatment surveillance among many topics breast cancer remains the most commonly occurring cancer in women. Breast cancer detection , treatment and prevention are prominent issues in public health and medical practices background information on development in these areas is provided so that medical director can continue to update their approach to the assessment of breast cancer³ .

- **Sampling technique:**

- The sampling technique used in this study is non-probability purposive sampling.

- **Sample size:**

- In this study, sample selected are 50 post-menopausal women residing in community areas.

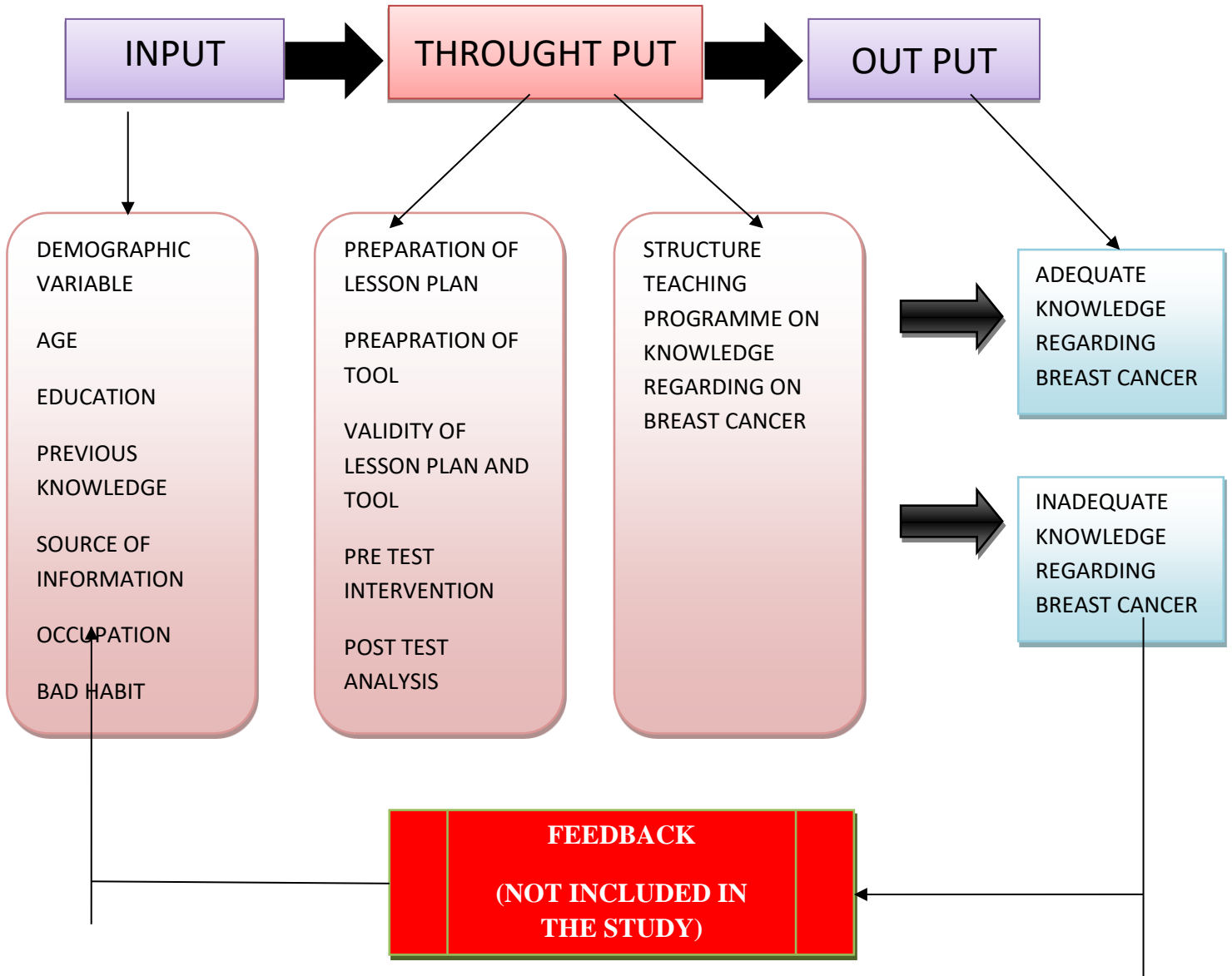
Criteria for sample selection:

Inclusion criteria:

1. Age group of 45-55 years.
2. post-menopausal women residing in community areas.
3. post-menopausal women residing in community areas willing to participate in this study
4. post-menopausal women available during the period of data collection.

CONCEPTUAL FRAMEWORK

FIG.NO 1: CONCEPTUAL FRAMEWORK BASED ON GENERAL SYSTEM MODEL



Exclusion criteria-

1. post-menopausal women’s not available during period of data collection.

The semi-structured questionnaire consists of two sections i.e. Section I and section II.

SECTION I-

Consists of items on demographic data (age at present, educational status, previous knowledge about warning signs of pregnancy, if yes source of information, occupation, any bad habits)

SECTION II-

Consists of structured questionnaire on knowledge about identification of breast cancer

A score of “one” was given for each correct answer for every item. The total score 20.

No negative scoring was given.

Technique:

The technique used was semi-structured questionnaire.

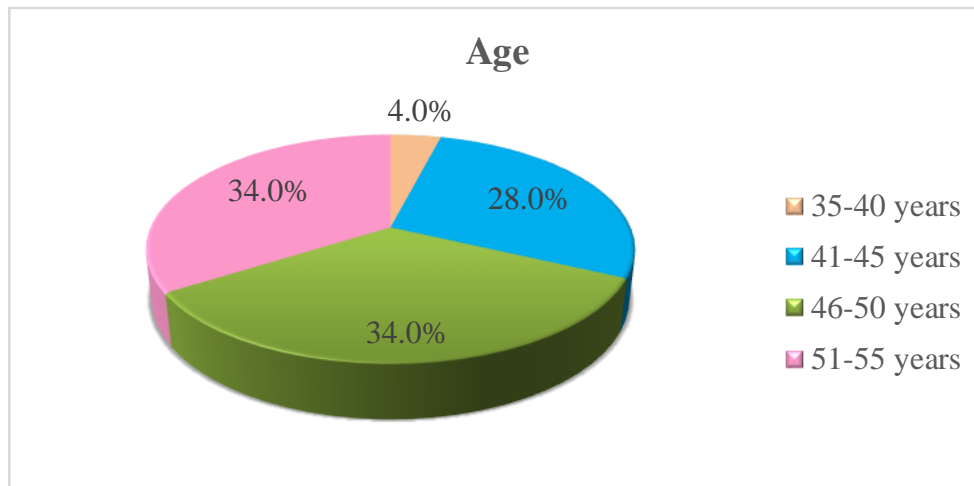


Figure 3- shows the frequency and Percentage distribution according to age in years of post menopausal women that 4% of the post menopausal women have had age 35-40 years, 28% of them had age 41-45 years, 34% of them had age 46-50 years and 34% of them had age 51-55 years.

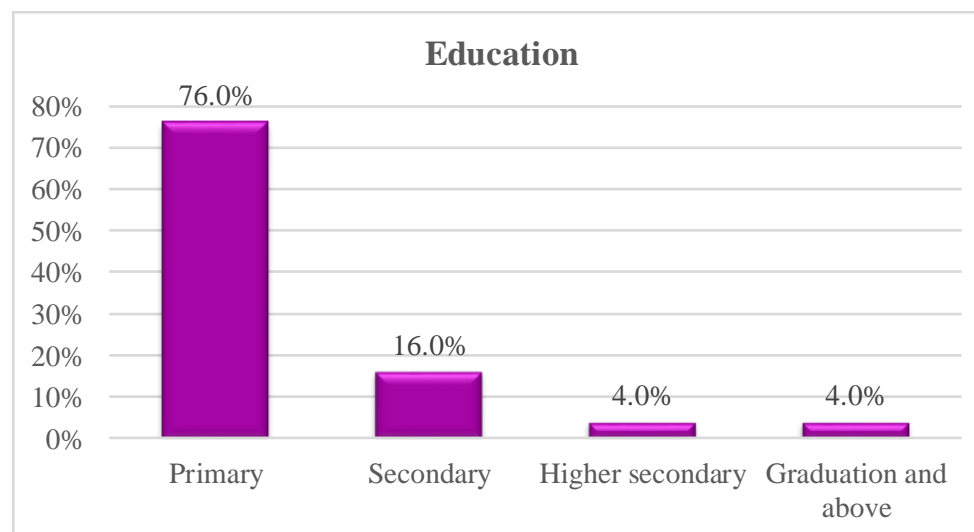


Figure 4: Percentage distribution of post menopausal by educational status.

Result findings:

Research design for present study was one group pretest post test design.

Research design was – Pre-experimental was one group pretest post test design. The present study aimed at determining the ‘Effectiveness of structured teaching programme on knowledge regarding identification of warning signs of pregnancy among antenatal mothers attending antenatal OPD’S in selected hospitals ‘The research approach adopted for the study was evaluatory approach. A pre experimental consisting of one group pre-test post-test design was selected by the investigator.

Data analysis of the sample described in terms of frequency of Age in years, Educational status, previous knowledge on warning signs of pregnancy, Source of information and occupation along with their percentage. The findings are presented in tables and figures. This section deals with frequency of subjects in each demographic variable along with their Percentage.

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