

A Study to Evaluate the Effectiveness of An Educational Intervention Program on Knowledge Regarding Breast Self-Examination Among School Teachers in Selected Schools, Gadag

Mrs. Netra Mali¹, Dr. Abdul Latif²

¹Assistant professor Dept. of Medical Surgical Nursing, Guramma College of Nursing, Gadag.

²Principal, KGN College of Nursing, Sikar, Rajasthan.

ABSTRACT

A breast self-exam for breast awareness is a check of your breasts that you do on your own. To help increase your breast awareness, Most breast changes detected during a self-exam for breast awareness aren't something serious. There is a need to improve knowledge about breast self examination. How it helpful for early detection of breast changes for the improver surveillance of the women, hence the study aims to evaluate the effectiveness of an Educational Intervention Program on Knowledge regarding breast self examination among 40 School teachers in Selected schools, Gadag". The research design used for the present study was pre- experimental: one group pre-test, post-test design. Non- Probability, purposive sampling technique was used to select the sample. The data was collected by using structured knowledge questionnaire. The result of the study reviles that In the pre-test, majority of subjects 28 (70%) had average knowledge, 08 (20%) had good knowledge and 04 (10%) had poor knowledge. Where as in post-test all 40 (100%) had good knowledge and none of them had average and poor knowledge regarding breast self examination. There was a significant gain in knowledge of school teachers who were exposed to the educational intervention program i.e. 45.97%. The paired 't' value ($t_{cal} = 26.516^*$) at $p < 0.05$ level of significance for knowledge proved that the stated hypothesis i.e. the mean post-test knowledge scores of school teachers in Selected schools who were exposed to the educational intervention program will be significantly higher than the pre-test knowledge scores at 0.05 level of significance. The study Concludes that the study concludes that Educational Intervention Program was more effective for school teachers to increase and update their knowledge regarding breast self examination.

Keywords: Breast self examination, breast cancer, Knowledge

INTRODUCTION

A breast self-exam is an early detection tool that uses a combination of physical and visual examinations of the breasts to check for signs and symptoms of breast cancer. The purpose of a breast self-exam is to become familiar with the way your breasts normally look and feel. Knowing how your breasts normally

look and feel, also called breast self-awareness, will help you identify any changes or abnormalities in your breasts, such as a new lump or skin changes. Any changes in your breasts discovered during a breast self-exam should be reported to your healthcare provider right away. While a breast self-exam is a useful tool for the early detection of breast cancer, it should not take the place of regular mammograms and clinical breast exams.

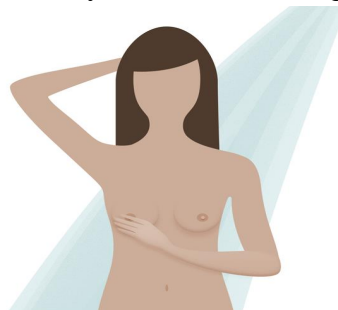
How Often Should A Breast Self-Exam Be Performed?

Adult women of all ages are encouraged to perform breast self-exams at least once a month. For women still menstruating, a breast self-exam should be performed a few days after her period ends. For those who are post-menopausal, a breast self-exam should be performed on the same day of each month, such as the 1st or 15th day of the month. While mammograms can help you to detect cancer before you can feel a lump, breast self-exams help you to be familiar with how your breasts normally look and feel. Alert your healthcare professional if you notice any changes in your breasts, such as a new lump, sore spot, changes in the appearance of the skin, or nipple discharge.

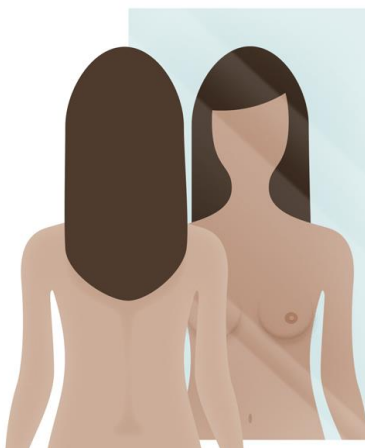
How Should A Breast Self-Exam Be Performed?

There are three steps necessary to perform a thorough breast self-exam. Each of these steps should be completed each time you perform a breast self-exam.

1) In the Shower :With the pads/flats of your 3 middle fingers, check the entire breast and armpit area, pressing down with light, medium, and firm pressure. Check both breasts each month, feeling for any new lumps, thickenings, hardened knots, or any other breast changes.



2) In Front of a Mirror : Sit or stand shirtless and braless in front of a mirror with your arms at your sides. To inspect your breasts visually, do the following:



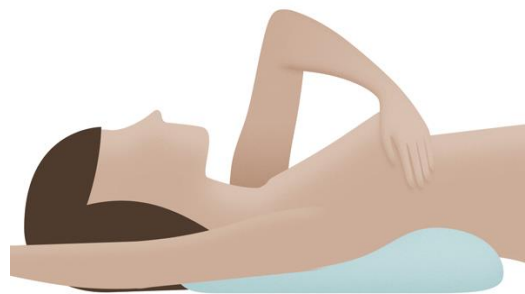
- Face forward and look for puckering, dimpling, or changes in size, shape or symmetry.
- Check to see if your nipples are turned in.

- Inspect your breasts with your arms raised overhead and the palms of your hands pressed together.
- Lift your breasts to see if ridges along the bottom are symmetrical.

If you have a vision condition that makes it difficult for you to visually inspect your breasts, ask a trusted friend or a family member to help you.

Next, rest your palms on your hips and press firmly to flex your chest muscles. Look for any dimpling, puckering, or other changes, particularly on one side. Note that the left and right breasts will not exactly match—few women’s breasts are perfectly symmetrical.

3) Lying Down: When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and put your right arm behind your head. Using your left hand, move the pads of your 3 middle fingers around your right breast, covering the entire breast area and armpit.



Use light, medium, and firm pressure to feel for any new lumps, thickenings, hardened knots, or any other breast changes. Also squeeze the nipple to check for discharge. Repeat these steps for your left breast.

Report any changes you find to your healthcare professional, even if you recently had a mammogram or have one scheduled soon. It's possible for a mammogram to miss a small cancer or a cancer located in a spot that's hard to see. If you find something concerning, your health professional might recommend imaging tests to check it out. These might include a diagnostic mammogram or an ultrasound.

The breast self-exam technique isn't always a reliable way to detect breast cancer. Self-exams may be difficult if you have a fibrocystic breast, which causes the breast tissue to feel lumpy. However, a significant number of people report that the first sign of their breast cancer was a new breast lump they found on their own. For this reason, healthcare professionals recommend being familiar with the regular look and feel your breast.

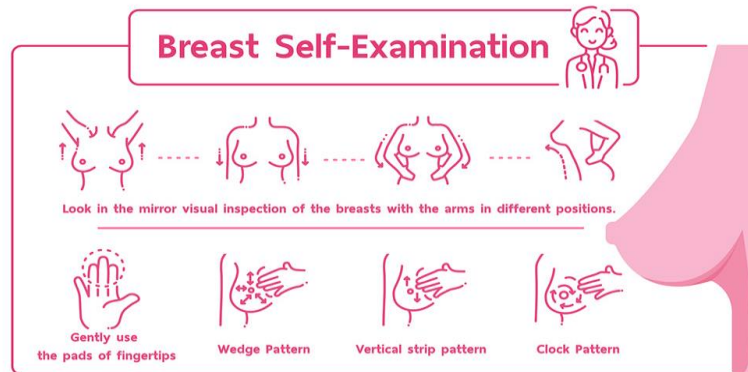
perform a self-exam for breast awareness is usually the week after your period ends.

When examining your breasts, some general tips to keep in mind include:

- **Use the pads of your fingers.** Use the pads, not the very tips, of your three middle fingers for the exam. If you have difficulty feeling with your finger pads, use another part of your hand that is more sensitive. This may include your palm or the backs of your fingers.
- **Take your time.** Don't rush. It may take several minutes to carefully examine your breasts.
- **Use different pressure levels.** Your goal is to feel different depths of the breast by using different levels of pressure to feel all the breast tissue. Use light pressure to feel the tissue closest to the skin, medium pressure to feel a little deeper and firm pressure to feel the tissue closest to the chest and ribs. Be sure to use each pressure level before moving on to the next spot. If you're not sure how hard to press, talk with your healthcare professional.
- **Follow a pattern.** Use a methodical technique to ensure you examine your entire breast. For instance, imagine the face of a clock or the slices of a pie over your breast. Begin near your

collarbone and examine that section, moving your fingers from the outside edge of the breast toward your nipple. Then move your fingers to the next section.

If you have a condition that makes it difficult for you to examine your breasts using this technique, you likely can still do a breast self-exam. Ask your healthcare professional to show you ways you can examine your breasts.



When to contact a healthcare professional

- Make an appointment with a doctor or other healthcare professional if you notice:
- A hard lump or knot near your underarm.
- A recent change in a nipple to being pushed in instead of sticking out.
- Bloody nipple discharge.
- Changes in skin colour, warmth, swelling or pain.
- Changes in the way your breasts look or feel, including thickening or noticeable fullness that is different from the surrounding tissue.
- Dimples, puckers, bulges or ridges on the skin of your breast.
- Itching, scales, sores or rashes.

Your healthcare professional may suggest more tests and procedures to investigate breast changes. Tests and procedures may include a clinical breast exam, a mammogram and an ultrasound.

A study was conducted to evaluate the effectiveness of breast self-examination on prevention of breast cancer and developing skill on breast self-examination among 50 women between the ages 40 to 50 at selected rural areas of Shimoga, Karnataka State. Data was collected by using observational checklist. Data analysis was done by using descriptive and inferential statistics. Analysis proven that there was a significant level of increase in the 10.236 post test knowledge. The gain in knowledge score was significant at 0.05 level of significant. Paired t test value is 7.7978 which is more than the paired t value 2.75. Breast self-examination skill score was significant at 0.05 level of significant and calculated paired t test value is 10.6398 which is more than table paired t value 2.75. Findings shown that skill program on breast self-examination are an effective method in gain in knowledge of women.

A descriptive study design was used to assess the awareness of breast self examination and risk factors of breast cancer among 112 women with a sample of convenience 112 women in pachampalyam community area. A self administered questionnaire was used for data collection. The Result of the study shows that mean age of the respondents was 29.5; (SD=8.3) years and ranged from 35 to 45 years. More than half of the studied group married and 47.3% worked for more than 5 years 95.5% had no previous breast health problems and family history of breast cancer was reported by 12.5%. Only 19.4% of the

studied sample performed BSE regularly. The practice of BSE was not significantly associated with socio demographic characteristics. Conclusion: study findings suggested that there were gaps between knowledge and practice of BSE among women’s.

Research methodology:

Research Design

The research design used for the present study was pre-experimental: one group pre-test, post-test design.

Research setting

The present study was conducted in two settings: KLE ‘S School and Bipin chikkatti school Gadag

Samples and sample size:

In the current research study, the samples consist of school teachers working in KLE ‘S School and Bipin chikkatti school Gadag. The sample size selected for the present study was 40.

Sampling Technique

The researcher in the present study selected target population through Non- Probability; Purposive sampling technique.

Data collection:

Structured Knowledge Questionnaire regarding breast self examination was prepared by the researcher for the present study.

Data Analysis

The data obtained were analysed in terms of the objectives of the study using descriptive and inferential statistics. Tabulation of data in terms of frequency, percentage, mean, median, mode, standard deviation and range to describe the data. Classification of knowledge scores (level of knowledge) were as follows:

- Good Knowledge = (\bar{X} + SD) and above
- Average knowledge = (\bar{X} – SD) to (\bar{X} + SD)
- Poor knowledge = (\bar{X} – SD) and below

[Note: \bar{X} =Mean, SD= Standard deviation]

1. Paired ‘t’ test for testing the effectiveness of Educational Intervention Program
2. Chi- square test to find out an association between pre-test knowledge scores with their socio demographic variables.

Results of the test:

ANALYSIS AND INTERPRETATION OF KNOWLEDGE SCORES OF SUBJECTS.

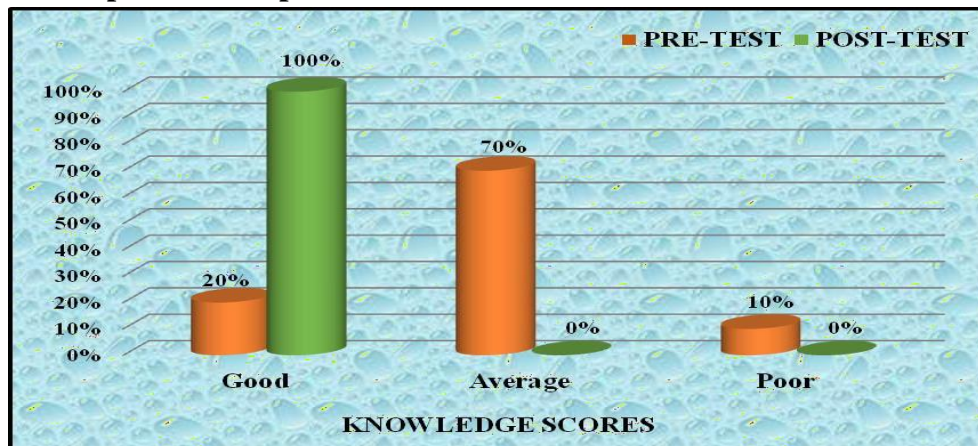
Table : Frequency and percentage distribution of knowledge scores of subjects regarding breast self examination.

n=40

Level of Knowledge	Pre-test		Post-test	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Good(22and above)	08	20%	40	100%
Average(14-21)	28	70%	00	00%
Poor(13andbelow)	04	10%	00	00%

Table shows that distribution of level of knowledge regarding breast self examination in pre-test and post- test. Most of subjects in the pre-test 28 (70%) had average knowledge, 8 (20%) had good knowledge and 4 (10%) had poor knowledge. Where as in post-test all 40(100%) had good knowledge and none of them had average and poor knowledge scores.

The Cylindrical graph represents percentage distribution of subjects according to their level of knowledge scores in pre-test and post-test.



The result of the study reveals that in the pre-test, majority of subjects 28 (70%) had average knowledge, 08 (20%) had good knowledge and 04 (10%) had poor knowledge. Where as in post-test all 40 (100%) had good knowledge and none of them had average and poor knowledge regarding breast self examination. There was a significant gain in knowledge of school teachers who were exposed to the educational intervention program i.e. 45.97%. The paired ‘t’ value ($t_{cal} = 26.516^*$) at $p < 0.05$ level of significance for knowledge proved that the mean post-test knowledge scores of school teachers in Selected schools who were exposed to the educational intervention program will be significantly higher than the pre-test knowledge scores at 0.05 level of significance and there was no statistical association between pre-test knowledge scores and their selected demographic variables such as Age, Religion, Number of children, Type of family, Age at the time of menarche, Marital status, Education, Habitat and Source of information.

Discussion:

Based on findings of the study, the following conclusions were drawn.

1. The overall pre-test knowledge scores of the subjects were average.
2. The post-test knowledge scores of the subjects after administration of the Educational intervention program were significantly higher than the pre- test knowledge scores.
3. Post-test knowledge results showed that gain in knowledge score of subject was statistically significant at 0.05 levels.
4. Thus it is concluded that Educational intervention program was effective in terms of gain in knowledge score of the subjects.

RECOMMENDATIONS:

Keeping in the view the findings of the present study, the following recommendations were made:

1. This study can be replicated to a larger sample to generalize the findings.

2. A comparative study can be conducted to assess the knowledge and attitude regarding breast self examination among teachers.
3. A descriptive study can be carried out to assess the knowledge on breast self examination among teachers.
4. Integrating concepts of breast self examination into the university curriculum in order to increase their breast cancer awareness among teachers. A guideline book should be disseminated to all university students.
5. Periodic awareness programme regarding breast cancer.
6. A guideline book should be disseminated to all university students.

REFERENCES

1. Lillie D.S, National breast cancer foundation, INC ,breast self examination, medically reviewed on Jun 2023: <https://www.nationalbreastcancer.org/breast-self-exam/>
2. International Journal of Health Sciences ISSN 2550-6978E-ISSN 2550-696X© 2022.Manuscript submitted: 9April2022, Manuscript revised: 27June2022, Accepted for publication: 18July2022. <https://doi.org/10.53730/ijhs.v6nS4.11046>
3. M. Geetha, K. Menaka, P. Padmavathi. Awareness of Breast self-examination and risk factors of Breast Cancer among Women. Asian J. Nur. Edu. and Research.2017; 7(3): 413-416. doi: 10.5958/2349-2996.2017.00082.9Available on: [https:// ajner.com/AbstractView.aspx?PID=2017-7-3-29](https://ajner.com/AbstractView.aspx?PID=2017-7-3-29)
4. Almeldien, H., Mohamed, H., Khalaf, S. A., & Abdalfatah, W. H. (2019). Training Program for Rural Community Health Workers about Breast Self-Examination at Assiut Governorate, Egypt. American Journal of Nursing Research, 7(6), 983-990.
5. Alamin Sh. M . The Role of Health Education in Promotion of Knowledge of Breast Self-Examination. ARC Journal of Public Health and Community Medicine; 3, (1), 26-33.