Effectiveness of Structured Teaching Programme on Breast Self Examination Among Industrial Women Worker Between Age Group Of 30-60 Yrs

Girijabhaskaran
Professor, Department of Medical Surgical Nursing, Sree Balaji College of Nursing, Chromepet, Chennai, India

ABSTRACT: assessed the quality of structured teaching programme

KEYWORDS: Breast self examination, structured teaching programme, Breast cancer

I. INTRODUCTION

Prevention is better than cure, Breast self examination is one of the important steps for identifying breast tumour of an early stage. Thorough clinical examination and education of breast self examination provide an early identification of breast cancer. BSE is a feasible approach to wide population coverage as it is cheap and easy. Yen et al. (2012) experienced the second most common cause of cancer death among women in breast cancer. According to Choudry (2009), the incidence rates in developed countries like Asia, Africa the rate increases to 34.73%. American Cancer Society (2010) identified the contributing factor of breast cancer include age, gender, socioeconomic status, family history, age at first pregnancy, early menarche, diets high stetrated fats. Hajji-Manhoodet al found that breast pain was a symptom of breast cancer. American cancer society advised BSE should be performed monthly during menstrual cycle after age of 20, mammography once a after the age of 40. Odusanya (2012) assessed the knowledge of breast examination among female students of Ahmadubellon university. Marinho (2009) mentioned that need to increase the level of awareness regarding breast cancer.

II. MATERIALS AND METHODS

Qualitative research design approach used, population for the study was included from selected industry women worker in Chennai, the sample comprises of 120 womens, non probability sampling technique was used. The tool consists of demographic variables of the study, multiple choice questions regarding breast self examination includes steps of breast self examination, importance of breast self examination.

Grading for Knowledge:
The maximum score is 15, minimum score is 0, score was interpreted according to

<table>
<thead>
<tr>
<th>Level of knowledge</th>
<th>Score in percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inadequate</td>
<td>0-49%</td>
</tr>
<tr>
<td>Moderately adequate</td>
<td>50-74</td>
</tr>
<tr>
<td>Adequate</td>
<td>75-100%</td>
</tr>
</tbody>
</table>

The score was interpreted as follows
Samples who met the inclusion criteria were selected for this study. A structured teaching programme five steps of breast self-examination was given for three hours to the group. Post-test was conducted with the same questionnaire of the pretest.

Distribution of demographic variables reveals that between the age group of 30 to 40(36.6%) were between the age group of 30 to 40(56.6%), 41 to 50(33.3%), 51 to 60(10.1%) the subject have one sibling, few of them have 2 siblings 24(20%), some of them have 3 siblings 24(20%) very few of them have 4 siblings 12(10%) 72 samples residing at urban(60%) 48 samples are residing at rural(40%).

Majority of them 64(53.3%) belongs to Hindu, 20 (16.6%) samples are Muslims, 36 (30%) samples are Christian, majority 68(56.6%) were belongs to nuclear family very few were 52 (43.3%) belong to joint family.

Effectiveness structured teaching programme on breast self-examination (N=120)

<table>
<thead>
<tr>
<th>Sl.no</th>
<th>Level of knowledge</th>
<th>Pre test</th>
<th>Post test</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>N</td>
<td>%</td>
</tr>
<tr>
<td>1.</td>
<td>Inadequate</td>
<td>106</td>
<td>88.3</td>
</tr>
<tr>
<td>2.</td>
<td>Moderately adequate</td>
<td>14</td>
<td>11.6</td>
</tr>
<tr>
<td>3.</td>
<td>Adequate</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

Significance difference in the knowledge of breast self-examination between pretest and posttest

In pretest majority of the samples were having inadequate knowledge (88%) where as in posttest majority of samples were gained adequate (81%) knowledge it shows that structured teaching programme was helpful for the women working in various industries in Chennai about breast self examination. The study shows that level of awareness and knowledge of breast examination among women working in various industries located at Chennai, after administering the structured teaching programme awareness, knowledge was improved, the study insist that need for educational programme to create awareness regarding breast cancer screening behavior.

BIOGRAPHY

12. Odusanya O. Breast cancer, Knowledge, Attitude and practice of breast self examination, Revsaude Publication, 576-582

Net resources:
www.pubmed.com
www.medlineplus.com