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Efficacy of Educational Module on Early Detection of Breast Cancer Among Health Care Workers Selected Lucknow Hospitals

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Introduction

Breast cancer is the second most common cancer in Indian women. Mammography, a clinical examination by a specialist, and self-examination of the breasts are all part of the examination. Screening is expected to reduce the number of people dying from breast cancer by up to 30%.

In India, 60-70 percent of patients begin treatment when the disease has progressed to an advanced stage. More than 90% of patients with a tumour diameter of 1cm survive for 20 years, compared to 50% with a tumour diameter of 3cm. This clearly demonstrates the importance of early detection and also explains the poor treatment outcomes in India. The most recent American Cancer Society (ACS) guidelines stated the importance of breast self-examination for women. Their decision.5 states that self-examinations have not demonstrated a clear benefit, even when performed by doctors. Still, some men and women will discover and be diagnosed with breast cancer as a result of a lump discovered during a self-exam. As a result, it is critical for women to be familiar with the appearance of their breasts and to check them on a regular basis. This will assist you in recognising any changes or abnormalities as they occur. The vast majority of lumps are benign. In the United States, breast cancer is the most common type of cancer among women. Breast cancer treatment relies heavily on early detection. There are numerous steps that can be taken to detect breast cancer early, when it is most treatable, such as self-examination, mammography, and clinical breast examination. Breast self examination is a procedure in which a person examines herself physically and visually for changes in the breast and underarm areas of the body. Self-examination of the breast is an important part of health promotion and maintenance. To reduce the mortality rate from breast disorders, it is recommended that women be educated and encouraged to perform breast self examination (BSE). According to recent reports, 17 percent of the world's population is affected by breast cancer in India. (New India Express, 2015) In India, one in every 28 women will develop breast cancer during her lifetime.

Breast cancer was previously seen only after the age of 50, and the number of young women affected by this disease was lower. Almost 65-70 percent of patients were over 50, with only 30-35 percent of women being under 50. The investigator had more clinical experience caring for breast cancer patients. She discovered that female Health care workers are less knowledgeable about early detection of breast cancer. As a result, she believes that there is an urgent need to raise awareness of early detection of breast cancer among Health care workers of breast cancer patients.

Methodology

The Pender's Health Promotion Model was used to carry out the research. The current study used a pre-experimental one group pre-test post-test research design. As a sampling technique, the Convinencesampling technique was used. Data was collected from Health care workers at a selected hospital in Lucknow over a two-week period.The tool consists of sample demographic variables and a structured knowledge questionnaire about early detection of breast cancer.

Results

None of them had adequate knowledge at the time of the pre-test. (20%) samples had a moderate level of knowledge, while (80%) samples had an inadequate level of knowledge. According to the findings, more than half of the samples had insufficient knowledge. According to the post-test level of knowledge assessment in the current study, 82% of the samples had adequate level of knowledge, 18 had moderate level of knowledge, and no one had inadequate level of knowledge.

With 98 degrees of freedom, the obtained't' value (12.55) was significant at the 0.05 level. This suggests that there is a significant difference in Health care workers' pre-test and post-test knowledge about early detection of breast cancer. Concerning the association of Health care workers' knowledge, the study found a significant association between age (in years) at menarche and the pre-test level of knowledge, with the calculated Chi-square value of 7,88 at df (2) and it was significant at the 0.05 level, and no association in demographic variables such as age (in years) at present, marital status, educational status, occupation, no.of.children, age (in years) during first pregnancy, use of oral contraceptive pills

Conclusion

The results of the research concluded that statistically that Health care workers' level of knowledge is significantly affected by Self Instructional Module.

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