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A Descriptive Study to Assess the Knowledge Regarding Early Detection and Prevention of Breast Cancer through Breast Self Examination among Girls in Selected Schools if Patiala, Punjab with A View to Create Awareness Regarding Breast Cancer.

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ABSTRACT

INTRODUCTION: Breast cancer is the most common cancer in women amongst the age group 25-75. Incidence of breast cancer is 110 per 10,000 women. 86% of women with breast cancer are alive after five years of diagnosis. Breast cancer being the third most common cause of death in women. At present simple, inexpensive and early implant for the detection of breast cancer is breast self examination. Many studies have shown that screening for breast cancer can reduce mortality from the disease. Regular breast self examination will help to identify changes that require further evaluation and possible treatment.

AIM OF THE STUDY: The aim of the study is to assess the knowledge regarding breast cancer and breast self examination among school girls in selected schools of Patiala, Punjab.

MATERIAL AND METHODS: The research design adopted for the study was descriptive. The target population of this study includes school students. The sample size of the study consists of 50 school girls, who were available at the time of data collection and also who fulfill the inclusion criteria. Non- probability convenience technique was used to collect the data.

RESULT: The results revealed that 8% girls have adequate knowledge,86% girls have moderate knowledge and 4% girls have inadequate knowledge regarding breast cancer and breast self-examination.

KEY WORDS: Assess, knowledge, early, detection, prevention, breast cancer, breast self-examination, awareness

INTRODUCTION AND BACKGROUND OF STUDY

Breast cancer is the most common cancer in women amongst the age group 25-75. Incidence of breast cancer is 110 per 10,000 women.[1]

86% of women with breast cancer are alive after five years of diagnosis. Breast cancer being the third most common cause of death in women. [2]

As percent statistics of the international agency for research cancer (IARC), breast is the second most common site for neoplasm after lung accosting for about 22.4% of cancers in females making it most common cancer in women.[3]

The risk factors for breast cancer are gender, age. Genetic, personal history, in frequent periods menstrual periods, being overweight or obese.

The signs and symptoms of breast cancer are swelling of all parts of a breast, skin irritation or dimpling, breast or nipple pain, nipple retraction, redness, scariness or thickening of the nipple or breast skin, nipple discharge.[4]

At present simple, inexpensive and early implant for the detection of breast cancer is breast self examination. It is one of the most simplest and important health programs to promote early detection. Regular breast self examination can identify any abnormal changes in breast self to establish good prognosis.[5]

Many studies have shown that screening for breast cancer can reduce mortality from the disease.

Normal out 10 breast masses are not cancerous, but that does not lessen the importance of performing breast self examination monthly. Regular breast self examination will help to identify changes that require further evaluation and possible treatment. [6]

OBJECTIVES

- To assess the knowledge regarding breast cancer among the school girls

- To assess the knowledge regarding breast self examination among the school girls

- To determine the association between the demographic variables and knowledge of women regarding breast cancer and breast self examination

- To develop a self instructional module based on breast cancer and breast self examination

MATERIAL AND METHODS

Research approach and design: Quantitative research approach and descriptive design was used to collect the data.

Sample and sampling technique: The sample size of the study 50 girls of selected schools of district Patiala, Punjab. Non probability technique was used to select the students.

DESCRIPTION OF TOOL

After the thorough review of literature related to topic, a self structured knowledge questionnaire was developed.

Part-1: The socio-demographic variables such as:-

Age, religion, education, area, source of information etc.

Part-2: The self structured questionnaire is based on knowledge regarding breast cancer and breast self examination. The section consists of 30 items on selected aspects on knowledge regarding breast cancer and breast self examination.

RESULTS

SECTION 1

To assess the socio-demographic profile of the sample

This section describes the characteristics of the girls in selected schools of district Patiala. The characteristics of the girls in selected schools of district Patiala were Age, Education, Area, Source of information, Religion.

Table shows Frequency and percentage distribution of socio-demographic variables of the   girls in selected schools of district Patiala.

N=50

Variables	Opts	Percentage (%)	Frequency (f)
Age	16 years	90%	45
	17 years	08%	04
	18 years	01%	01
Education	10th	50%	25
	11th	30%	15
	12th	20%	10
Area	Rural	76%	38
	Urban	24%	12
Source of information	Mass media	36%	18
	Family and relatives	28%	14
	Health workers	34%	17
Religion	Sikh	86%	43
	Hindu	14%	07
	Muslim	0%	00

Table1: percentage and frequency of socio-demographic variables of the girls in selected schools of district Patiala.
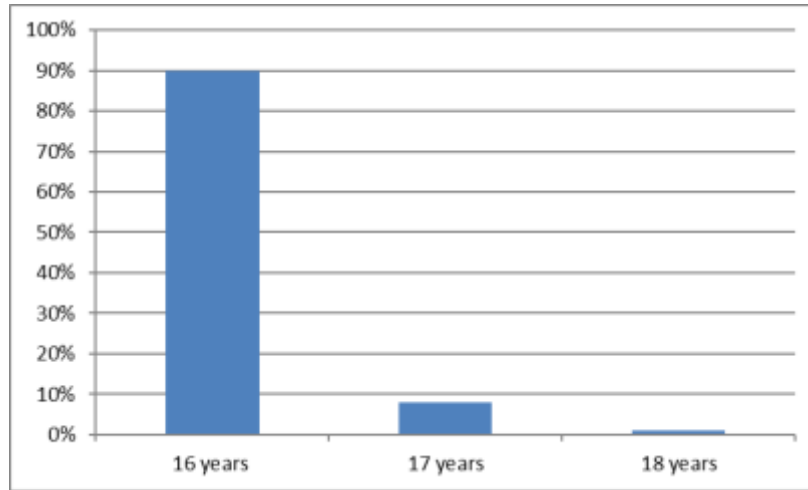
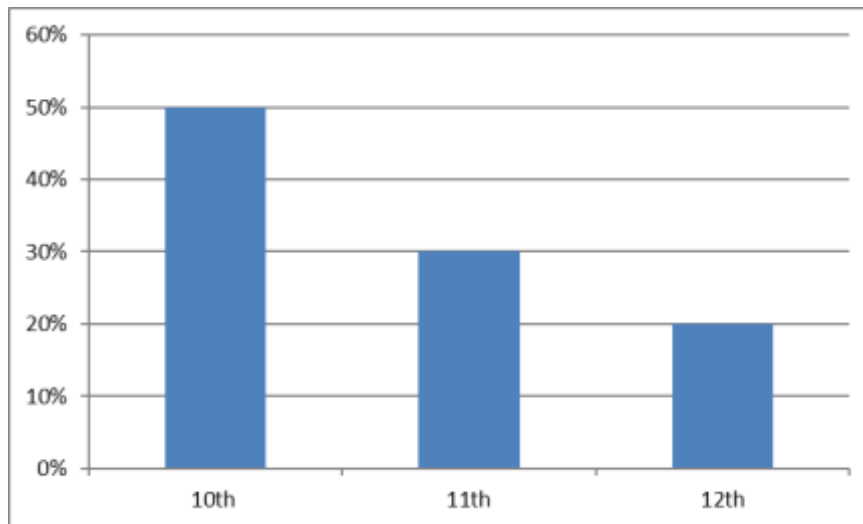**Figure 1: Bar graph showing percentage distribution of Age**

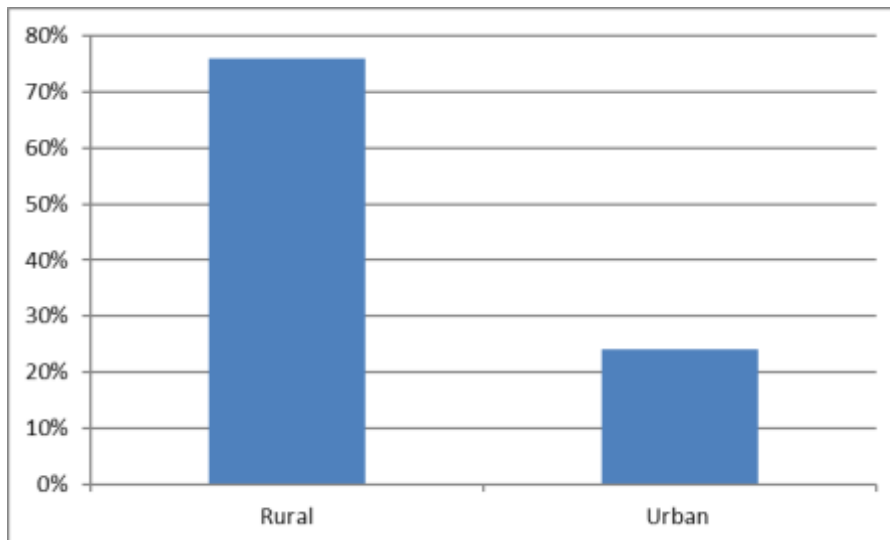**Figure 2: Bar graph showing percentage distribution of Education**

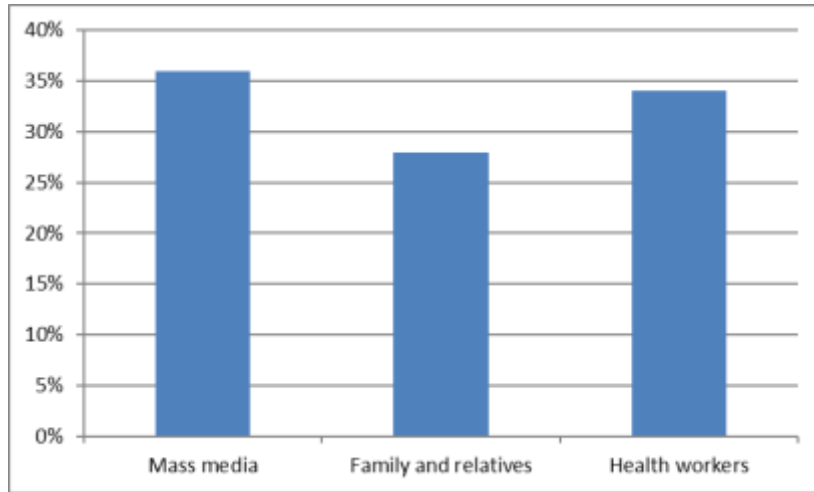**Figure 3: Bar graph showing percentage distribution of Area**

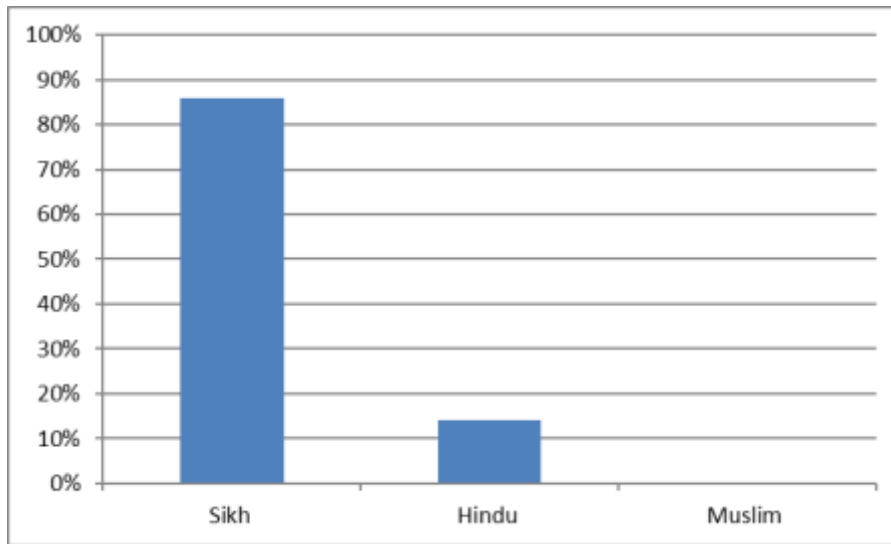**Figure 4: Bar graph showing percentage distribution of Source of information**

Figure 5: Bar graph showing percentage distribution of Religion

DESCRIPTIVE STATISTICS

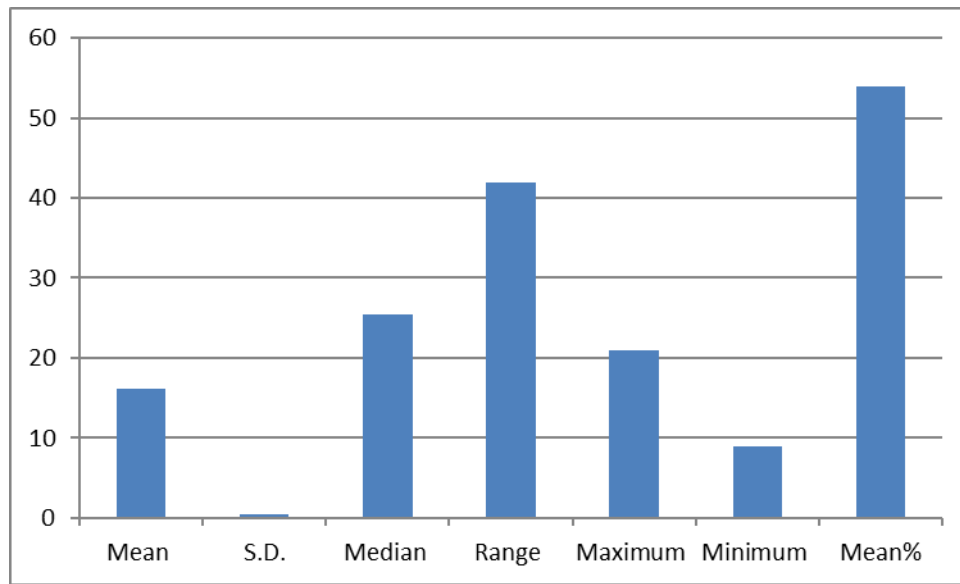| Descriptive statistics	Mean	S.D.	Median	Range	Maximum	Minimum	Mean%
Knowledge score	16.2	0.48	25.5	42	21	9	54

Table 2: descriptive statistics

Figure 6: Bar graph showing percentage distribution of descriptive statistics

Section 2

KNOWLEDGE SCORE

Maximum=30   minimum=0

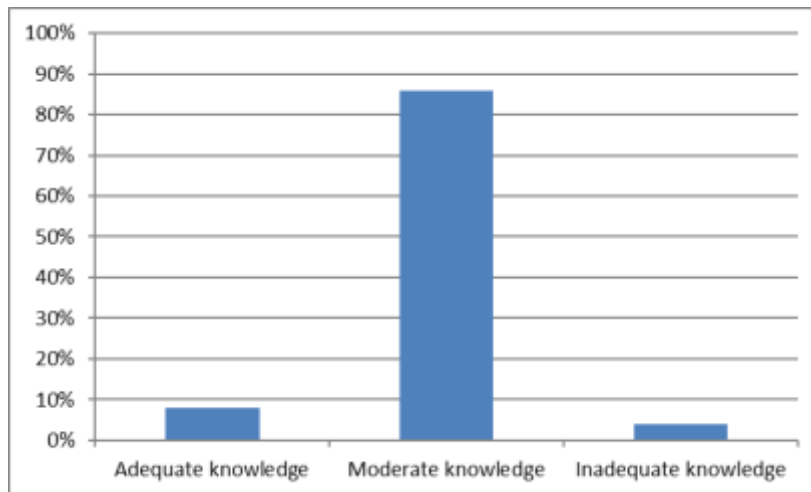| CATEGORY SCORE	KNOWLEDGE%
Adequate knowledge	8%
Moderate knowledge	86%
Inadequate knowledge	4%

Table 3: knowledge score

Figure 7: Bar graph showing percentage distribution of knowledge score

DISCUSSION

PROBLEM STATEMENT: A descriptive study to assess the knowledge regarding early detection and prevention of breast cancer through breast self examination among girls in selected schools of Patiala, Punjab with a view to create awareness regarding breast cancer.

 AIM OF THE STUDY: The aim of the study is to assess the knowledge regarding breast cancer and breast self examination among school girls in selected schools of Patiala, Punjab.

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RESULTS

1. **Major findings related to sample description**

2. **Findings related to descriptive statistics of school girls regarding breast cancer and breast self examination**

3. **Findings related to knowledge regarding breast cancer and breast self examination.**

CONCLUSION

The study was done to assess the knowledge regarding breast self examination in school going girls. In this study 50 girls was selected for data collection. The result showed that 8% girls have adequate knowledge, 86% girls have moderate knowledge and 4% girls have inadequate knowledge regarding breast cancer and breast self examination.

IMPLICATIONS

Nursing practice

As a nurse practitioner, we face tough ethical dilemmas as we provide end of life care.

Nursing education

As a nurse educator it helps to improve the knowledge of girls regarding breast cancer and breast self examination. It helps student to be aware of different strategies available.

Nursing administration

As a nurse administration the research can play role in awareness and improving the level of knowledge regarding breast cancer and breast self examination.

Nursing research

In field of research it helps the innovative research work. The study will be great motivation for the research to conduct similar study on large scale.

DELIMITATIONS

- The study is delimited to the girls of reproductive age group.

- The study is delimited to the girls of reproductive age group who are willing to participate.

RECOMMENDATIONS

Descriptive study can be done between nursing students

Comparative study can be replicated with large age girls in urban and rural areas

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