THE IMPACT OF THE EDUCATION PROGRAM ON KNOWLEDGE AND PRACTICE AMONG COLLEGE GIRLS REGARDING BREAST CANCER AND THE SELF-EXAMINATION FOR BREAST

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ABSTRACT

Breast cancer has been identified as a major community health problem in both developed and developing nations because of its high incidence-prevalence. Among Iraqi women, the incidence of breast cancer in Iraq (all ages) has risen Early diagnosis can increase chances of survival. 1.To knows the awareness of breast cancer and self examination among students of College of Education for Girls.2. To evaluate the effectiveness of planned teaching programmed on breast cancer and self examination among student of different department in College of Education for Girls. Fifty students from fourth stage have been randomly chosen from different department in College of Education for Girls. A questionnaire (20) in numbers regarding the awareness and skills involved in breast self-examination and breast cancer was used to assess the level of awareness to breast self-examination (BSE) and its practical knowledge. The time taken to respond to the questionnaire was 40-45 minutes. Data was collected by administering knowledge questionnaire on BSE and planned teaching program was introduced for them. On 8th day post-test was done by administering the same tool.The results show the majority of students responses for the case group at post program were have good knowledge concerning BSE than the pre program. Arithmetic mean for pre-test is (16.42) and for post-test is (16.42), which mean that there is a significant difference between pre-test and post-test score. And in posttest the result show improving in students knowledge in all questionnaire paragraphs, high percentage of female answer correct. Based on our results the program gives a good indicator for a raising the level of knowledge and awareness breast self-examination among College girls. The study recommends to application for national program on BSE. A comparative study can be conducted on knowledge of students in the other government.

Key words: Nursing, Breast Cancer, Self-Examination, Knowledge, Education Program

Introduction

Cancer is the second leading cause of mortality and morbidity in both developed and developing countries[1]. Among different types of cancers, breast cancer is one of the most important and deadliest cancers in women with yearly incidence of 70 in 100000[2].

Breast cancer has been identified as a major community health problem in both developed and developing nations because of its high incidence-prevalence[3]

In general, the incidence of breast cancer is high (greater than 80 per 100,000) in developed regions of the world and low (less than 30 per 100,000), though increasing, in developing regions; the range of mortality rates is much less (approximately 6-23 per 100,000) because of the more favorable survival of breast cancer in (high-incidence) developed regions. The incidence of breast cancer is increasing almost everywhere[4].

The risk of breast cancer increases with age[5]. Between 2006 and 2012, age standardized incidence of breast cancer in Iraq increased from 30 to 40/100,000 women with the increase specifically occurring in women ≥ 60 years old[6].

Among Iraqi women, the incidence of breast cancer in Iraq (all ages) has risen. With the Iraqi Cancer Registry data during the period 2000-2009[7].

Early detection and prompt treatment offer the greatest chance of long-term survival[8]. Providing diagnosed in early stages, breast cancer is curable in up to 90% of the cases but in more advanced stages, the survival rate fell to 60%[9].

This highlights the need for increased community awareness about breast cancer and the need for early detection.

More specifically, this study was performed to determine the effectiveness of planned teaching programmed on breast cancer and self examination among student of different department in College of Education for Girls.

1. Subjects and Methods

2.1. Research design:

We used A quasi-experimental design with pre test post test in the present study to examine the effectiveness of an educational program about breast cancer and BSE on students from fourth stage from different department in Education College for Girls.

2.2. Sample of the study:

Random sample of (50) students from fourth stage from different department in Al-Basra University in Education College for Girls.

2.3. project instrument & Program Application :

Data collected at multiple point of time by using a structured questionnaire regarding BSE and breast cancer for assessing students' knowledge.

A questionnaire (20) in numbers regarding the awareness and skills involved in BSE

and breast cancer was used to assess the level of awareness to BSE and its practical knowledge, the aspects focused were about the abbreviation of BSE sequential steps in BSE.

The students were chosen from different department from Education College for Girls, in same age and level of knowledge approximately.

Administrative permission was obtained from the college dean before involving the staff in the programmed. Written consent was obtained from the study participants. Questionnaire was administered to them in the classroom setting. The time taken to respond to the questionnaire was 40-45 minutes. Data was collected by administering knowledge questionnaire on BSE and planned teaching program was introduced for them. On 8th day post-test was done by administering the same tool[10].

2.4.Statistical data analysis:

Data of the present study were analyzed by determination of frequency(f)and percentage(%). Mean score also determined.

3.Result:

This chapter deals with the analysis of the data through statistical procedures .The impact of the program was measured by questionnaires before and after the intervention.

The aim of this study was to assess the impact of the education program on girls' college student about BSE.

Table (2): Students Response of the Study Group (pre and post) Knowledge Concerning BSE

NO.	Question	Pre test				Post test			
		Correct		Incorrect		Correct		Incorrect	
		N	%	N	%	N	%	N	%
1	Do you think that exposure to radiation increase the risk of breast cancer?	35	70%	15	30%	50	100%	0	0%
2	Do you think that breast cancer is genetic ?	15	30%	35	70%	40	80%	10	20%
3	Do you think breast feeding decrease the risk of breast cancer?	44	88%	6	12%	49	98%	1	2%
4	Are you think aging effecting on breast cancer?	16	32%	34	68%	34	68%	16	32%
5	Do you know that any relation between the oral contraceptive use and breast cancer?	21	42%	29	58%	38	76%	12	24%

6	Have you heard of breast cancer examination?	42	84%	8	16%	45	90%	5	10%
7	Is the breast cancer common in your country?	31	62%	19	38%	41	82%	9	18%
8	Can breast cancer effect male also?	12	24%	38	76%	31	62%	19	38%
9	Can breast cancer be detect early?	38	76%	12	24%	46	92%	4	8%
10	Can early detection of breast cancer improve survival chance?	46	92%	4	8%	48	96%	2	4%
11	What age should breast self_examination started?	12	24%	38	76%	32	64%	18	36%
12	How many you practiced of breast self- examination ?	26	54%	24	46%	44	88%	6	12%
13	What is the proper time for practicing breast self examination?	30	60%	20	40%	42	84%	8	16%
14	How is breast self examination performed?	34	68%	16	32%	41	82%	9	18%
15	Do you practice breast self examination?	33	66%	17	34%	31	62%	19	38%
16	What are the reasons of not doing breast self examination?	27	54%	23	46%	39	78%	11	22%
17	Symptoms of breast cancer (……….)	38	76%	12	24%	44	88%	6	12%
18	Symptoms of breast cancer(……….)	41	82%	9	18%	47	94%	3	6%
19	Symptoms of breast cancer(……….)	17	34%	33	66%	30	60%	20	40%
20	Are the life style effect on breast cancer?	40	80%	10	20%	49	98%	1	2%

Table (3): Shows the Statistical Data Analysis for Pre-test Program

Scores	N	Minimum	Maximum	Mean	Std. Deviation
Pre-test	50	5	18	11.52	2.750

Table (4): Shows the Statistical Data Analysis for Post-test Program

Scores	N	Minimum	Maximum	Mean	Std. Deviation

Post-test	50	9	20	16.42	2.778

Table (5): Shows the Statistical Data Analysis for Paired Samples Test Pre-test and Post-test Program

Scores	Paired Differences			t	df	P-value
	Mean	Std. Deviation	Std. Error Mean			
Pair 1 pre_test - post_test	-4.900-	1.693	.239	-20.4-	49	0.000

*Significant at level 0.01

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. Discussion

The present findings shows the effectiveness of program through the high percent of excellent for the students responses concerning the BSE knowledge between the pre and post program for the case group, and the majority of students responses for the case group at post program were have good knowledge concerning BSE than the pre program.

In pre-test, the majority student have deficit knowledge about paragraphs (2)(Do you think that breast cancer is genetic ?) , (8)(Can breast cancer effect male also?) and (11)(What age should breast self-examination started?) .

Arithmetic mean for pre-test is (16.42) and for post-test is (16.42), according to table (3, 4), which mean that there is a significant difference between pre-test and post-test score.

And according to table(2) posttest the result show improving in students knowledge in all questionnaire paragraphs, high percentage of female answer correct.

Breast cancer can't be prevented, but if detected it earlier can help women reduce risk factors. Breast self-examination is an important screening measure for detecting breast cancer early. Women should perform a BSE each month to see any changes or abnormalities.

The World Health Organization stresses on promoting awareness in the community and encouraging early diagnosis of breast cancer, especially for women aged 40-69 years who are attending primary health care centers of hospitals for other reason, by offering clinical breast examination.

There are other many methods to detect the breast cancer but those are

expensive for the community. All women may not be able to afford the cost of the procedure. Breast-related matters are sensitive issues for few females; unless the breast lesions starts bothering them they may not seek medical attention. BSE is the cheapest and convenient method to detect the breast cancer in the early stage[1].

The American Cancer Society recommends that women from the age of 20 years onwards should be educated on the benefits of performing BSE monthly[11].

Breast self-examination remains an important tool for early detection especially in low- and middle-income countries where access to diagnostic and curative facilities may be problematic[12,13]

Our results give good indicator that the program achieved its objectives in raising the level of knowledge and awareness among students knowledge about Breast Self- Examination.

5.Conclusions:

The present findings show the effectiveness of program through the high percent of excellent for the students responses concerning the BSE knowledge between the pre and post program for the case group, and the majority of students responses for the case group at post program were have good knowledge concerning BSE than the pre program.

Recommendations:

The study recommends to application for national program on BSE. A comparative study can be conducted on knowledge of students in the other government.

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