

**IMPACT OF STRUCTURED EDUCATION ON EARLY DETECTION AND  
PREVENTIVE MEASURES OF BREAST CANCER**

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**ABSTRACT**

**Background of the study:** Breast cancer and cervical growth are the most common cancers among women in the world. Many studies on the early detection of cancer have been conducted among women worldwide, but few studies have been performed in the world on female teachers regarding breast self-examination (BSE), mammography (MMG) and Pap smear test (PST). **Aim:** Assess the information of interview about early detection and preventive measures of breast cancer in Gujarat, India. **Material and method:** Pre-experimental one group pre-test-post-test research design was used to assess the information regarding early detection and preventive measures of breast cancer and received structured education. The evaluation of information was done through interview scale. **Result:** Analysis using the collected data was tabulated and analyzed by using inferential statistics and excel. The results show that among patient's majority

60% having inadequate and 40% adequate knowledge score and anxiety was 80% severe.

**Discussion and Conclusion:** Tool was found reliable ( $r=0.81$ ). There is requiring of improvement of knowledge and reduce anxiety level among patients.

**Keywords:** Effectiveness, Video-assisted teaching, Knowledge, Anxiety, Upper GI endoscopy procedure.

### **Introduction**

Breast cancer (BC) is the most universal cancer among women in the globe. Epidemiological data specify that one in three women in the world practice cancer<sup>1</sup>. BC accounts for 25% of all types of cancer globally and 40.6% of all cancer bags among women in Turkey in 2009<sup>1</sup>.<sup>2</sup>. Regrettably, there are very few studies in sub-Saharan Africa that have assessed the contact of breast cancer alertness interference programs. The only study we found was conducted in Ghana and reported arise in breast cancer information and screening uptake following a breast cancer awareness program<sup>3</sup>. The common of studies have been conducted in industrial countries<sup>4</sup>. Breast cancer regularly starts in the ducts or lobules of the breast. "Superior breast cancer" frequently refers to metastatic breast cancer, also called Stage IV breast cancer. Breast cancer that has increase locally in the area of the breast, but not too secluded organs and tissues, is often referred to as "close by superior breast cancer," or Stage III breast cancer. Given these different and sometimes conflicting terms, if you or a loved one is diagnosed with superior breast cancer, it's significant to discuss with your doctor specially what stage it is and its other individuality (e.g. hormone receptor status and where the cancer has spread). Significant these details of a diagnosis can help you make vital conduct decisions. The precise reason why a cell becomes cancerous is unclear.<sup>5</sup>

### **MATERIAL AND METHODS**

The study was conducted by using pre experimental one group pre-test post-test design. Population of this study was women aged between 20-40yrs attending in a Dhiraj Hospital, Vadodara. The population in this studies 10 women who are attending Dhiraj hospital. 10 women were selected as a sample by using non-probability convenient sampling technique. The data collected by an interview to assess the information.

Reliability of tool was assessed by conducting pilot study among 10 women who participated in this study. A split half method and Karl Person's formula was used to check reliability its result

was 0.81. This states that interview scale was reliable. Validity of this tool was re examined by 5 experts. Finally all 8 criteria's were determined to assess the information of women attending Dhiraj Hospital. Data were analyzed using excel. Descriptive statistics and inferential statistics were used.

## RESULTS

The majority of patients 6 (60%) age group between 31-35. The 7 (70%) were having primary education, and 4 (40%) belongs to average socio economic status.

Sr.no	Knowledge level	Pre test		Post test	
		Frequency	%	Frequency	%
1	Inadequate	07	70%	02	20%
2	Adequate	03	30%	08	80%
3	Excellent	0	0%	0	0%

Table shows that; pre-test knowledge score on early detection and preventive measures of breast cancer all participants having Inadequate knowledge 7 (70%) and after received structure education majority of patients 8 (80%) have adequate knowledge score.

The reliability of the Interview tool was  $r=0.81$ , indicates that the tool reliable and feasible for the research study.

## DISCUSSION

Even though a finding of breast cancer is difficult at any age, this incidence in young women is fraught with several exclusive challenges. This item reviews the distinct epidemiology, etiology, clinic pathologic individuality, biology, action strategies, outcomes, and psychosocial challenges of breast cancer previous to 40 years of age. Also incorporated in this review are issues of familial breast cancer, fertility, premature menopause, breast cancer through pregnancy, and bone health. The US Surveillance, Epidemiology and conclusion outcome (SEER) database was the source of data for the tables and graphs presented here.<sup>6</sup>

A conducted a expressive correlation study to recognize information levels and routine incidence of breast self assessment and to observe variables related to breast cancer screening behaviors in a sample of 103 Muslim female workers. Results in the European Journal of Oncology in April of

2008 which showed that only 26.2% of the women reported information about BSE and BSE routine was as low as 4.3%.<sup>7</sup>

Care about consciousness of breast and cervical cancer hazard factors and screening behaviors among nurses. Researchers utilized a self administered survey for analytical purposes and came to the ending that the risk factors and symptoms of breast cancer were usually well known except for near the beginning menstruation and late menopause. Additionally, women recognized BSE as a useful technique of breast cancer screening. The majority women integrated in our study group too show a constructive approach towards breast person assessment.<sup>8</sup>

### **CONCLUSION**

This article shows that, there is need of improvement in the information of women and increased information about early detection and preventive measures of breast cancer.

### **ETHICAL CONSIDERATION**

A formal ethical approval received from institutional ethical committee. Informed consent was obtained from participants and assured for anonymity.

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**CONFLICT OF INTEREST:** Author declared that no conflict of interest disclosed.

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