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A study to assess the knowledge and practice regarding breast self-examination among women in Venkatachalam, Nellore, Andhra Pradesh

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Abstract

Background: Breast cancer is a malignant (Cancerous) growth that begins in the tissues of the breast. Breast cancer is the commonest cancer in women Worldwide. The burden of breast cancer will continue to increase not only in terms of the absolute number of cases but also in terms of its incidence. Breast self-examination is an inexpensive risk free method to detect cancer. When lumps are discovered at an early stage, they have better chance for long term survival.

Aim: The aim of the study was to assess the knowledge on danger signs of pregnancy among antenatal mothers.

Objectives: 1. To assess the level of knowledge and practice regarding breast self-examination among women. 2. To associate the level of knowledge and practice regarding breast self-examination with socio demographic variables.

Methodology: 100 women living in Venkatachalam Village at Nellore, were selected by using probability simple random technique method.

Results: Regarding the level of knowledge among women, 1(1.7%) women had adequate knowledge, 19 (31.7%) women had moderately adequate knowledge and 40(66.7%) women had inadequate knowledge regarding breast self-examination. Regarding the level of practice among women, 52(86.7%) women had inadequate practice, 8(13.33%) were had moderate practice and none of them had adequate practice regarding breast self-examination.

Keywords: Knowledge, practice, breast self-examination, women

Introduction

Breast cancer is a malignant (Cancerous) growth that begins in the tissues of the breast. Breast cancer is the commonest cancer in women Worldwide. The burden of breast cancer will continue to increase not only in terms of the absolute number of cases but also in terms of its incidence. Breast self-examination is an inexpensive risk free method to detect cancer. When lumps are discovered at an early stage, they have better chance for long term survival [1].

The cancer registries also suggest that age standardized incidence rates the number breached the 50,000 mark in 2010. The figure for the year was put at 50,82. Breast self-examination can be performed during as part of physical examination; it can be taught in any setting either to individual or group. Women should begin practicing breast self-examination at the time of their first gynecologic examination which usually occurs in their late teens or early twenties. All health care providers aware of these implication should encourage women to examine their own breast and teach them to recognize early changes that may indicate problem. When women begin to practice breast self-examination, they should do it frequently so that they can become familiar with the normal breast changes over the course of a few menstrual period; Therefore breast self-examination is best performed after menses (day5-day7) counting the first day of menses as day 1 [2].

A lesson in breast self-examination should include the following :Optimal timing for breast self-examination (5-7day after menses begin for pre-menopausal women); a demonstration of examination technique, a review of what normal breast tissue feels like, a discussion or identification of breast changes and a return demonstration on the patient and a breast model patient who have had a breast surgery for the treatment of breast cancer are carefully instructed to examine themselves for any nodules or changes in the chest wall that may indicate a recurrent of the disease [3].

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The lesson learned from a recent randomized clinical trial is that intensive teaching of breast self-examination does not improve its effectiveness. Every women should familiar with her own breast and should report any breast change promptly to her health care provider ^[4].

Steps for Breast Self-Examination

Step-I: Stand before a mirror, inspect both breast for anything unusual, such as any discharge, dimpling of the skin.

Step-II: Watch closely to the mirror, clasp hand behind your head and swing elbow forward.

Step-III: Next press the hands firmly on hips and elbow slightly toward your mirror as you pull your shoulder and elbow forward.

Step-IV: Raise your left arm use three finger of your left breast firmly and thoroughly. Be sure that to cover the entire breast

Step V: Step four should repeat lying down, lie flat on your back, and left arm over your head and a pillow under your left shoulder. This position flattened the breast and makes it easier to examine.

Step-VI: Repeat in the right breast.

Need for the Study

Worldwide cancer statistics (breast cancer statistic/WCRF-world cancer research fund): Worldwide breast cancer statistics despite the high incidence rates; In western countries 89% of women diagnosed with breast cancer. Among this 62% women are practicing breast self-examination ^[5].

In India the incidence of breast cancer has steadily increased over the years and as many as 1,0,000 new patients are being detected every year ^[6].

According to statistical study of (Kidwai Memorial Institute of Oncology): In Andhra Pradesh above 40 age are prone to get breast cancer. 20% of people are mostly effecting. Among that 19.1% women are practicing breast self-examination ^[7].

According to WHO (14th august 2013). Incidence of breast cancer in India, US, China were about 2,32,000. Among these 48.8% of women is having the adequate knowledge regarding breast self-examination ^[8]

According to UNICEF: Global cancer statistical (2012) states about 2-5 times higher incidence of breast cancer in developed countries and 52% of women having adequate knowledge regarding breast self-examination ^[9].

A study was conducted to assess the knowledge and attitude towards breast self-examination among College girls in Chennai. About 550 students was participated. The mean and standard elevation were 2.27 and 1.29 respectively. Study results showed that among 550 college girls, majority of them had poor knowledge and negative attitude towards breast self-examination.

Problem Statement

A study to assess the knowledge and practice regarding

breast self-examination among women in Venkatachalam, Nellore.

Objectives

1. To assess the level of knowledge and practice regarding breast self-examination among women.
2. To associate the level of knowledge and practice regarding breast self-examination with socio demographic variables.

Delimitations

- Study was limited to women between 20-50 years.
- Sample size was 60.

Methodology

Research Approach

A quantitative approach was adopted to determine the research study.

Research design

The present study was conducted by using descriptive research design.

Setting of the Study

The study was conducted at Venkatachalam village at Nellore district.

Target Population

The target population for the present study was women.

Accessible Population

The accessible population for the present study was women living in Venkatachalam village at Nellore district and who fulfilled the inclusion criteria.

Sample Size

The samples consists of 60 women.

Sampling Technique

Probability simple random sampling technique was adapted for the study.

Criteria for Sampling Selection

Inclusion criteria

- Women aged 20-50 years
- Women residing in Venkatachalam Village at Nellore.
- Women present at the time of data collection

Exclusion criteria

- Women not willing to participate in the study.
- Women doesn't know Telugu or English.

Description of the Tool

Part-I: Socio demographic variables: It includes age, education, marital status, education, religion, income, age of menarche, age of marriage and source of information.

Part-II: It consist of structured questionnaire to identify the knowledge regarding breast self-examination among women. It consists of 25 items.

Part-III: It consist of observational checklist to assess the practice regarding breast self-examination. It consists of 21 items.

Score Interpretation

Level of knowledge	Score	Percentage
Inadequate knowledge	0-21	<50%
Moderately Adequate knowledge	22-31	51-70%
Adequate knowledge	32-44	>70%

Level of Practice	Score	Percentage
Inadequate Practice	0-7	>50%
Moderate Practice	8-14	51-70%
Adequate Practice	15-21	>71%

Data Analysis and discussion

Table 1: Frequency and Percentage distribution of women based on knowledge regarding breast self-examination (N=60)

Level of Knowledge	Frequency (F)	Percentage (%)
Adequate	1	1.7
Moderately adequate	19	31.7
Inadequate	40	66.6
Total	60	100

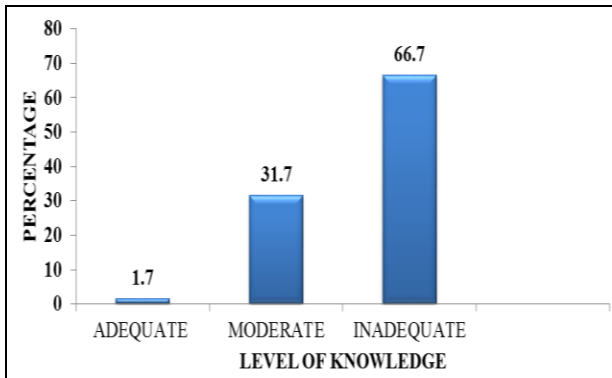


Fig 1: Percentage distribution of level of knowledge of women regarding breast self-examination

Table 2: Frequency and percentage distribution of level of practice of breast self-examination among women (N=60).

Level of Practice	Frequency	Percentage
Inadequate practice	52	86.7
Moderate practice	8	13.333

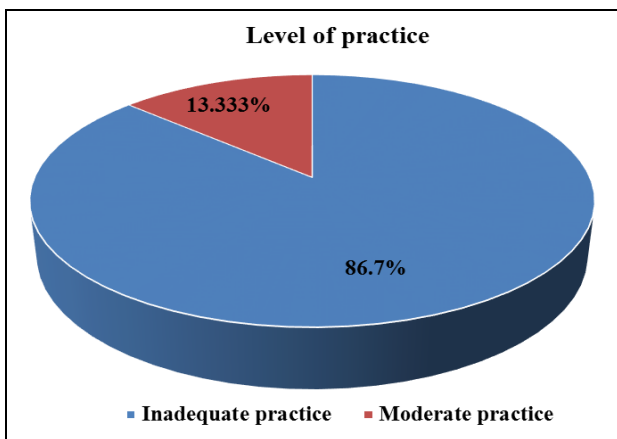


Fig 2: Percentage distribution of level of practice of women regarding breast self-examination

Table 3: Mean and standard deviation of knowledge score among women regarding breast self-examination (N=60)

Women	Mean	SD
Level of knowledge	12.7	5.8
Level of practice	13.22	4.2

Major Findings of the Study

- Regarding the level of knowledge among women, 1(1.7%) women had adequate knowledge, 19 (31.7%) women had moderately adequate knowledge and 40(66.7%) women had inadequate knowledge regarding breast self-examination.
- Regarding the level of practice among women, 52(86.7%) women had inadequate practice, 8(13.33%) were had moderate practice and none of them had adequate practice regarding breast self-examination.
- The mean knowledge score of women was 12.7 and standard deviation was 5.8.
- The mean practice score of women was 13.22 and standard deviation was 4.2.
- Regarding association with level of knowledge, age, religion, occupation, and age at menarche had significant association at $P < 0.05$ level.
- Regarding association with level of practice, age and source of information had significant association at $P < 0.05$ level.

Conclusion

The study concluded that majority of women, 40(66.7%) women had inadequate knowledge and 52(86.7%) women had inadequate practice regarding breast self-examination.

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