

Evaluation of an education program upon women's knowledge toward management of Breast Self – Examination(BSE)

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Abstract :

To determine the evaluation of education program on women's knowledge regarding managing BSE. The present quasi- experimental study, Non-probability (purposive), sample consisting of (260) women who are employee, and students in both colleges (Nursing college, Medical and Health Techniques College). The sample consist of two groups, study group (130) including those in (Nursing college), and control group (130) in (Medical and Health Techniques College). A questionnaire was constructed which included, Demographic information, Reproductive information, Family history, Previous medical history, and information about women's knowledge toward management of breast self examination (BSE). Instrument validity and reliability was determined. Data were collected through the use of the questionnaire, the application of the educational program a post-test was done for the study only which use the lectures, booklets, training practice of BSE, and video film. Analysis of data was performed through the application of descriptive and inferential statistical data analysis approach.

Revealed that the women in the study group had benefited from the implementation of the educational program; their knowledge regarding managing BSE was adequately improved and developed. The study illustrated significant difference between women's knowledge means in pre and post test periods regarding their managing for BSE. Implementation of proposed model of continuous medical education for women for BSE within the scope of their work.

Key word: Breast Self – Examination(BSE) ,knowledge, Evaluation

Introduction:

Breast cancer is the most dangerous disease that threats women lives in Iraq for the last twenty years ago. Every year 1000-1200 new cases are recorded, 98% of which affect women, and 2% of which affect men. Breast cancer occupies 14% of the whole disease in different cancers and a rate of 1-6 of women are affected from every 100000 [1].

The last statistical studies carried out by, the Iraqi Council of Cancer in 2004 recorded 2162 cases more than what it had been recorded in previous years.

Although the etiology of breast cancer is unknown, numerous risk factors may influence the development of this disease including genetic, hormonal, environmental toxins, socio-biological and physiological factors, while the risk of developing breast cancer has increased in both industrialized and developing countries by 1%-2% annually. The death rate due to breast cancer has fallen slightly [2].

The high incidence and mortality rates of breast cancer, as well as the high cost of treatment and limited resources available, require heavy

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health education and continual training toward BSE [3].

Objective of the study:

1-To identify the knowledge of women before and after implementation of educational program in both groups (study and control).

2-To determine the evaluation of an education program upon women's knowledge by making a post-test for 1-2- months after program implementation.

Material and methods:

Design of the study :A quasi-experimental design was carried out throughout the present study with the application of a pre- post tests approach for the study group and control group.

Setting of the study: The study was conducted at (Nursing College and Medical and Health Techniques College), both of them located at South of Baghdad city, in Al-Rasafa sector.

Sample of the study: Non-probability (purposive sample), consisted of (260) women who were selected from those two colleges, (130) from Nursing College considered as (a study group), and another (130) from Medical and Health Techniques College, considered as (control group). The study group was exposed to an educational program; the criteria of these samples were women from different age groups, educational levels, and marital status.

Validity of the educational program: Content validity of the program was obtained by panel of experts. The responses for modifications were made in regard to the expert's comments and recommendations.

Implementation of the education program: The educational program consisted of four major parts, and it was implemented through classroom sessions which were introduced with

respect to the essential information relative to the women's needs to manage (BSE). Each sessions was designed and scheduled for approximately (2) hours. They were presented in Nursing College / from the period of 9th March 2008, to the 14th April 2008. The program sessions were managed by four methods, booklets, lectures, training through breast examination mannequin (dummy), and video film.

Evaluation of the impact of the education program: The final steps of the study are to evaluate the impact of the changes that occurs in the women's knowledge toward managing performance of (BSE). This is done through the application of post test after implementation of the education program, and also the women's detection of some problems in their breasts after their application and implementation of (BSE) many cases were referred to Al-Elwyia Teaching Hospital / the center of early detection of breast tumors and Baghdad Teaching Hospital too.

Study instrument: A questionnaire was constructed through the review of related literatures, previous studies, the use of information which had emerged of prior assessment, and it was applied before implementation of an educational program. The questionnaire was used as a means of data collection. It comprised of two main parts, (Demographic & Reproductive information, Family medical history & Previous medical history) and others.

The instrument was constructed through the use of (3) level type of likert scale for the assessment of impact of education program for of the instrument was (3) for Yes, (2) for Uncertain, and (1) for No. The women's knowledge toward management of (BSE). The rating score instrument comprised of (9) sections

and each of them included several items which concerned with information of women knowledge regarding their management of (BSE) (Composition and information of breast, Causes of the changes in shape and size of the breast, Hearing about managing (BSE), Causes for not managing (BSE), Objectives and causes for (BSE) Performance, (BSE) Performance, (BSE) method for discovering breast abnormalities, health education for (BSE), Information regarding the steps for (BSE)).

Data Collection: The data collected through the use of the study instrument and the application of the constructed (BSE) education program from 11th June 2007 to 22th May 2008. Interview technique with each woman took approximately (25-30) minutes, and pre- post test approach were utilized as appropriate means of data collection

Statistical Analysis: The analysis of the data was employed through the application of the descriptive & inferential statistical data analysis

Result of the discussion:

Interpretation, and discussion of the study findings with supported by the available evidence of related literature, and research studies

Regarding with the flowing:

The objectives and causes for BSE performance.

The study illustrated significant differences between pre- post test in study group with high mean score of items concerning women's knowledge regarding the objectives and causes for BSE performance, while no differences between pre- posts test in control group. (Table 1)

A woman who perceives that she is susceptible to breast cancer and that breast cancer is a serious disease would be more likely to perform regular BSE similarly, a women who perceives

more benefits from and fewer barriers to BSE would be more likely to practice BSE, a woman who has an internal cue (body perception) or who has been exposed to an external cue would also more readily adopt. BSE, as would a woman who wants to improve her health and who is confident of positive results [4,5].

BSE performance.

The study depicted significant differences between pre- post test in study group with high mean score concerning women's knowledge regarding BSE performance, while no differences between pre- posts test in control group (Table 2).

The most important conditions for the education of women for BSE are the knowledge, ability and willingness of the sample members and the member of team to provide health education regarding breast cancer and BSE, It had been reported that BSE is not the ultimate solution, but is a significant step in the continuous struggle against breast cancer, that is why it is essential that all women be informed about BSE and as many women as possible be covered by systematic education for BSE[6].

BSE a method for discovering breast abnormalities.

This study presented significant differences between pre- post tests in study group with high mean score of items concerning women's knowledge regarding BSE a method for discovering breast abnormalities, while no differences between pre- posts test in control group (table 3).

Okobia, et al stated that a large proportion of their study participants agreed that breast cancer is a major problem in women, (26.2%) were aware that breast cancer could be inherited in some families, (40%) believed that evil spirits causes breast cancer, (25.9%) indicated that breast cancer results from an infection, their

knowledge regarding systems of breast cancer was very poor, only (21.9%) know that breast cancer present commonly as painless lump, non-lump symptoms such as pain in the breast, nipple discharge, and ulceration of nipple. In term of methods of diagnosis, only (43.2%) were able to correctly identify BSE. as a method for detection of breast cancer, (41.4%) noted that breast cancer is curable when detected early[7].

Health education for BSE.

The study indicated significant differences between pre- post tests in study group with high mean score of items concerning women's knowledge regarding health education for BSE, while no differences between pre-posts test in control group (table 4).

In both pre- post tests the study and control groups score a high marks for all item. While the results of the post test reveal that the implementation of the education program yield a significant increase in the level of the participants awareness toward the importance of BSE

Sorensen & colleqoues stated in a study investigated the effect of a BSE. program on women's knowledge, attitudes, and behavior regarding BSE., that significantly greater number of women who attended BSE training reported that they know how and when to do BSE., and what they should do if they discovered breast changes (97% compared to 66% in control group). Similar proportions in each group felt confident of finding any breast changes (57%) and believed that routine BSE. can influence the chance of recovery from breast cancer (90%). It was concluded that formal training program increases the regular performance of BSE with the correct technique[8].

Information about the steps for BSE.

The present study results revealed significant differences between pre-

post tests in study group with high mean score of items concerning women's knowledge regarding Information regarding the steps for BSE, while no differences between pre- posts test in control group (table 5).

BSE is a tool which is available for all women in different age groups to use in the area of health promotion and disease recognition and control and early detection of cancer, Baxter stated that many breast tumors are found by women themselves even in highly screened populations motivation toward practicing BSE considered a significant factor, in this study before the implementation of educational program[9].

Conclusions

There are differences between women's knowledge regarding managing BSE in pre- post test in study group after implementation of educational program. This indicates that the amount of information acquired by these women is sufficient and effective after educational program, and the women are able to manage BSE after the implementation of an educational program so they have greater benefits than the participants in control group. This means that education program is effective in promoting awareness and practicing of BSE.

Recommendations

Based on the early stated facts, the study can recommend that.

1. Implementation of the proposed model of continuous education for women for BSE is highly necessary.
2. All women should be informed about BSE and the program should be given to many women as possible.
3. Publication of BSE and education programs propagated in media as a measure for early detection of breast cancer.

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تقويم برنامج تثقيفي لمعارف النساء حول تدبر الفحص الذاتي للثدي

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الخلاصة:

تحديد تقويم برنامج تثقيفي على معارف النساء حول تدبر الفحص الذاتي للثدي. الدراسة شبه تجريبية, غير احتمالية (غرضيه), شملت عينة الدراسة (260) أمراه (موظفة, طالبة) في كلا الكليتين (كلية التمريض, كلية التقنيات الطبية والصحية). قسمت العينة إلى مجموعتين , مجموعة الدراسة (130) امراءة مختارة من كلية التمريض/ جامعة بغداد , والمجموعة الضابطة (130) من كلية التقنيات الطبية والصحية / بغداد. شملت استمارة الاستبيان على الخصائص الديموغرافية, المعلومات الانجابية, التاريخ العائلي, التاريخ الطبي السابق ومعارف النساء تجاه تدبر الفحص الذاتي للثدي. تم تحديد الثبات والمصدقية لاستمارة الاستبيان, وتم جمع البيانات من خلال استخدام الاستمارة الاستبائية وتطبيق البرنامج على عينة الدراسة فقط, باستخدام المحاضرات, الكتيبات, والتدريب على الفحص الذاتي للثدي وعرض فلم. اجري تحليل البيانات من خلال تطبيق الإحصاء الوصفي والإحصاء الاستدلالي. كشفت النتائج بأن النساء في المجموعة الدراسية استقدن من تطبيق البرنامج التثقيفي, بخصوص معرفتهن حول تدبر الفحص الذاتي للثدي, أي كان هناك تحسن وتطور كافي في المعلومات. كما كشفت نتائج الدراسة وجود فروقات في متوسطات معارف النساء في تدبر الفحص الذاتي للثدي بين الاختبار القبلي والبعدي تطبيق وتنفيذ البرنامج في التعليم المستمر للنساء وفحصهن الذاتي للثدي وضمن مجال عملهم.