

# Ability of Non-Medical Female Employees Towards Self Breast Assessment

<sup>1</sup>Purnima M. Desai, <sup>2</sup>Manisha C. Gholap, <sup>3</sup>Dr Mahadeo B Shinde, <sup>4</sup>Samir K. Choudhari

**Abstract---** *Introduction: The breast cancer is commonly found among women in developing countries. Early detection plays a very important role in breast cancer, the Breast self-examination is simple, non-invasive and inexpensive method. Objectives: (1) To assess the existing knowledge regarding self breast examination among non-medical female employees. (2) To assess the capacity to do self breast examination among non-medical female employees. (3) To find the association between existing knowledge score with selected socio demographic variables. Methods: Evaluative research approach, The participants consists of 49 non medical female employees were selected through purposive sampling technique. The data were collected by structured questionnaire. The data analyzed using spss software. Results: The pre-test mean knowledge score was 4.551 and post-test mean score was 17.265. The t-test value was 61.053 and was found significant at  $p < 0.0001$  level. The frequency and percentage of selected socio-demographic variable are, majority of female employees age group from 30-39 years and 40-49 years 22 (44.89%), majority of them are Hindu 32 (65.30%). Most of them are married 37 (75.51%). Majority are from rural residents 30 (61.27%). Most of them having 2 children 33 (67.34%). None of them has history of breast cancer in first relatives i.e. 0%. Majority of them had primary education 24 (48.97%). Conclusion: The health teaching program specially the demonstrations improves the capacity to do the breast self examination such program should be conducted more frequently.*

**Keywords---** *Breast Self Examination, Non-Medical Female Employees, Capacity to do.*

## I INTRODUCTION:

The breast cancer is most common cancer found among women in developed countries in world over 1.15 million cancer of breast cases diagnosed every year [1]. In Indian women the breast cancer is second common cancer and it is stated that 90% of the times breast cancer is first noticed by the person herself [2]. Expanding the related knowledge and application accomplishment among health professionals, will positively influence the ladies in their service zone [3]. Early detection plays a very important role in breast cancer. The screening methods like Breast self-

1, Final Year B. B.Sc. Nursing, Undergraduate Graduate Student, Faculty of Nursing Sciences, Krishna Institute of Medical Sciences Deemed To Be University Karad Dist-Satara, Maharashtra, India.

2, Associate Professor, Associate Professor, and **Corresponding Author**, Faculty of Nursing Sciences, Krishna Institute of Medical Sciences Deemed To Be University Karad Dist-Satara, Maharashtra

3, Clinical Instructor, Krishna Institute of Nursing Sciences, Karad

Professor, Faculty of Nursing Sciences Krishna Institute of Medical Sciences Deemed To Be University Karad Dist-Satara, Maharashtra,

4, Clinical Instructor, Faculty of Nursing Sciences, Krishna Institute of Medical Sciences Deemed To Be University Karad Dist-Satara, Maharashtra, India

\*Corresponding Author- Manisha C. Gholap

Associate Professor, Faculty of Nursing Sciences, Krishna Institute of Medical Sciences Deemed To Be University Karad Dist-Satara, Maharashtra.

examination mammography and clinical breast examination which are used to detect breast cancer earlier. Breast self-assessment is simple, non-invasive and inexpensive method[4]. In decreasing mortality and morbidity, detection of cancer breast in early stage is vital[5].

Breast self examination can be done by women themselves, she can identify any change in the size, dimpling or hardness in breast. Knowledge and abilities of Breast self-assessment can spare life of women's. For expanding the information and aptitudes with respect to Breast self-assessment more wellbeing instructing projects and showing should be directed[6] The study conducted by Pravin N Yerpude et al. concluded that the level of practices and knowledge towards breast self examination unacceptably low. Efforts must be taken to improve information and work on with respect to bosom self assessment through wellbeing instruction programs[7] The nurses play a vital role in imparting knowledge about about breast cancer, risk factors and types of screening practices and to influence behaviors that will reduce the risk of future breast cancer mortality and morbidity. In context, this study was intended to assess the capacity to do Self Breast examination among non-medical female employees of tertiary care hospital.

## **II MATERIAL AND METHODS**

The pre-experimental design was used to conduct study among non-medical female employees in Tertiary care Hospital from western Maharashtra. The 49 employees more than 30 years of age were selected by purposive sampling technique. Ethical permission was obtained before data collection. After obtaining permission from the setting, the employees consent was obtained. After collecting the demographic data, the pre-test of knowledge and practice level among non-medical female employees was assessed using structured questionnaire and observational checklist. After a week, the post-test was assessed by using same tool.

### **Description of the tool:**

The structured questionnaire comprised three sections covering the following areas.

**Section I:** It consist of socio demographic data include age, religion, marital status, education, pair occupation, type of family, Residence, number of children, history of breast cancer.

**Section II:** The questionnaire on knowledge regarding breast self examination.

**Section III:** The questionnaire on capacity to do self breast examination and observational checklist.

**Statistical test:** A paired t-test used to compare the means, chi-square test used to find out the association between existing knowledge score regarding Breast self Examination and selected socio-demographic variables

### III RESULTS:

#### Description of sample characteristics:

Table 1: Frequency and percentage distribution of socio-demographic variables of samples				
Sr.No.	Variables		Frequency	Percentage
1.	Age	30yr-39yr	22	44.89%
		40yr-49yr	22	44.89%
		Above 50yr	5	10.20%
2.	Religion	Hindu	32	65.30%
		Christen	0	0%
		Muslim	8	16.32%
		Other	9	18.36%
3.	Marital Status	Married	37	75.51%
		Unmarried	1	2%
		Widow	11	22.44%
		Separate	0	0%
4.	Type of Family	Joint	25	51.02%
		Nuclear	24	48.97%
5.	Education	Primary	24	48.97%
		Secondary	12	24.48%
		Higher Secondary	0	0%
		None	13	26.53%
6	Pair Occupation	Yes	2	4.089%
		No	47	95.91%
7	Residence	Urban	19	38.77%
		Rural	30	61.22%
8	Number of Children's	One	3	6.12%
		Two	33	67.34%

		Three	12	24.48%
		Four	1	2%
9	History Of breast cancer	Mother	0	0%
		Sister	0	0%
		Aunty	0	0%
		None	49	100%

Table No. 1 reveals that among all of the participants 44.89% were within the age group of 30-39 years and 44.89% within the age group of 40-49 years and most of them 65.30% were Hindu religion. Nearly 75.51% were married. The data concerning 51.02% were from a joint family and it was found 48.97% had primary education. The majority of samples 95.91% were not having any pair occupation. In relation to residence, 61.22% were in rural areas. Majority of women's 67.34% were having two children's and Majority 100% was not having a history of breast cancer.

**Knowledge among non-medical employees regarding Breast self examination:**

<b>Table 2: Frequency and percentage distribution of pre-test score and post-test knowledge scores among non medical female employees</b>					
Grade	Score	Pre-test		Post-test	
		Frequency	Percentage	Frequency	Percentage
POOR	0-6	48	98%	0	0
AVERAGE	7-13	1	2%	0	0
GOOD	14-20	0	0	49	100%

Table 2 indicates that most of the samples (98%) were having poor knowledge and (2%) were having average knowledge in the pre-test. In post-test knowledge, 100% of non-medical employees were having good knowledge.

**Practice among non-medical employees regarding Breast self examination:**

<b>Table 3: Frequency and percentage distribution of pre-test and post-test practice score among non medical female employees</b>			
Pre-test		Post-test	
Not done practice before		Done practice after demonstration	
Frequency	Percentage	Frequency	Percentage
49	100%	49	100%

The data presented in table No. 3 shows that 100% of the sample not done Breast self-examination practice before and after the demonstration, 100% of samples done the Breast self-examination practice.

<b>Table 4: Comparison of pre-test and post-test level of knowledge among the non-medical female employees.</b>						
Sample	Pre-test		Post-test		Mean diff	Paired 't' value
	Mean	SD	Mean	SD		
Non- medical female employee's	4.551	0.792	17.265	1.381	12.714	61.053 Significant P < 0.0001

The data presented in Table 4 show that the mean difference between pre and post-test knowledge score was 12.714 and computed paired t-test value was  $t=61.053$  was found significant at  $p<0.001$  level. Hence, there was a significant improvement of knowledge among the non-medical female employees.

**Association between existing knowledge score with socio demographic variables:**

The significant association was not found between existing knowledge score with socio demographic variables.

**IV DISCUSSION:**

The results of this study show that there was a significant difference in pre-test and post-test knowledge and practices among non-medical female employees which was found similar to the study of John Molly et al and the study of Salomy Chacko.[8]

In a study by Do QuangTuyen, found that majority of educational qualification of below secondary school which is similar to result found during this study.[10] In another study by Abdurrahman Muhammad found that the knowledge scores of respondents for pre-test is average, whereas in this study it was poor[11].In another study by Seifadin Ahmed Shallo shows that majority of married women were found which is similar to this study[12].

A study conducted by Salomy Chacko with title of “Effectiveness of PTP on Knowledge of Detection of Cancer Breast in early stage among School Teachers. The result reveals that the mean post-test knowledge score ( $O_2 = 24.05$ ) was more than the mean pre-test knowledge score ( $O_1 = 12.48$ ). The computed ‘t’ value (24.14) was higher than the table value ( $t(59) = 1.67$ ) at 0.05 level of significance, suggesting that the PTP was effective in increasing the knowledge of female teachers on early detection of cancer breast. Interpretation: The result showed that PTP was effective in increasing level of knowledge among teachers. The findings of study showed knowledge of teachers was average before administration of PTP. The post-test knowledge scores showed significant increase in level of knowledge among teachers. Hence the PTP is an effective teaching method for providing information and enhance the knowledge of teachers. [9]

## **V CONCLUSION:**

The result of study shows that non-medical female employees have improved their knowledge and practice regarding Breast Self examination. Awareness programs are needed to be conduct so that all women can know and practice Breast Self Examination, which is going to help to the women to identify any abnormal changes in the breasts so that they will be able to seek medical advice immediately.

## **VI ACKNOWLEDGEMENT:**

Our sincere thanks goes to all the study participants who have provided us their valuable time and information to accomplish the study.

## **VII CONFLICTS OF INTEREST: NIL.**

## **VIII FINANCIAL SUPPORT: NIL**

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