

ASSESSING KNOWLEDGE AND AWARENESS OF NURSES ABOUT CERVICAL CANCER AND ITS PREVENTION

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ABSTRACT

Background: Cervical cancer is the major reason of gynecological globally; specifically the developing countries are major victims of this cancer. It is obvious for the health care professionals, specifically nurses to have appropriate knowledge about this disease. **Objective:** To access the knowledge of nurses about the cervical cancer and preventive measures of this disease. **Study Design:** Cross Sectional study. **Setting:** Institute of Cardiology (FIC), Faisalabad. **Period:** August 2017 to Jan 2018. **Material & Methods:** This research was quantitative in nature and for the purpose of data collection a self-constructed questionnaire was used. The samples size of this study was 140 nurses at FIC, Faisalabad. The data was statistically analyzed by using SPSS 21.0. **Results:** This research revealed that the nurses don't have adequate knowledge about the cervical cancer as only 27.36 % of the nurses have knowledge about the cervical cancer. **Conclusion:** This research suggested that appropriate policy should be established for the screening of cervical cancer; as early screening can make the treatment most effective.

Keywords: Cervical cancer, mortality, knowledge, prevention, awareness, nurses

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INTRODUCTION

Cervical cancer takes place in cervix' tissues which are associated with vagina and uterus. The cervical cancer is normally a moderately developed cancer which don't have enough indications but can be diagnosed by Pap tests. Human Papillomavirus contamination caused the cervical cancer quite often. This disease is very dangerous for cervical zone. It might give vaginal draining however manifestations might be truant until the point when the cancer is in its propelled stages (Sanjosé et al., 2012).

Treatment comprises of surgery (counting neighborhood extraction) in beginning periods, and chemotherapy and radiotherapy in cutting edge phases of the sickness. Pap smear screening can recognize possibly precancerous changes. Treatment of high-review changes can keep the improvement of cancer. In created nations, the across the board utilization of cervical screening programs has lessened the

frequency of obtrusive cervical cancer. Human Papilloma Virus (HPV) contamination is a fundamental factor in the improvement of almost all instances of cervical cancer.¹

Cervical cancer is a normally moderate developing cancer that might not have side effects but rather can be early diagnosed by completing a Pap smear. The weight of infection because of transmissible sicknesses, for example, HIV and Human Papilloma Virus (HPV) is expanding particularly in creating nations. Research has demonstrated that HPV is the reason for around 70% of every cervical cancer. Ndlovu, 2011 and have demonstrated a factually noteworthy connection between HIV, HPV and cervical abnormalities. As per the World Health Organization (WHO) Information Center on HPV and Cervical Cancer, 2009 report, cervical cancer is at present the essential cancer in ladies with a yearly new case frequency of 6 742, in African ladies. It is assessed that the yearly number of

new cases around the world.²

The Papanicolaou test is a cytological report used to distinguish cancer in cells that an organ has shed. It is perceived as a powerful and effective cervical cancer screening (CCS) test. It has turned into a basic segment of yearly essential care for ladies with access to consistent therapeutic care. With the assistance of routine sorted out screening programs that identify the illness in its premalignant arrange (cervical intraepithelial neoplasia) or at a beginning period when it can be cured, both bleakness and mortality from the intrusive ailment are falling.² Cervical cancer, a difficulty of Human Papillomavirus (HPV) disease, is the second most regular cancer in ladies with 529,000 new cases every year around the world. 80% of the cases happen in low-asset nations like Africa, Latin America and South East Asia. It is likewise a main source of mortality worldwide with 270 00 0 ladies consistently. In any case, 85% of these passings happen in the creating scene. Information about the ailment and hazard factors are hence vital in deciding fitting health looking for practices with the mean to anticipate obtrusive cancer and diminish death rates.³

The biggest pick up in decreasing cervical cancer occurrence and mortality could be achieved by expanding the scope of ladies who are right now unscreened or screened just occasionally. For a long time the Papanicolaou (Pap) smear has been the highest quality level technique for cervical cancer screening. In creating nations Pap smear screening is accessible essentially in the expansive private doctor's facilities or in the administration referral clinics that are situated in urban regions.⁴ Nurses who most require screening regularly live in country territories where such screening isn't pragmatic, on the grounds that the specialized abilities, frameworks for transportation, correspondence, development and preparing are past the limit of the health foundation.

These issues with Pap smears have fortified research on elective tests, incorporating visual review with acidic corrosive (VIA). By means of has shown high affectability for distinguishing CIN and cervical cancer, however it is restricted by low specificity. By means of has the upside of requiring just low-innovation hardware and the outcome are accessible inside several minutes.⁵ These points of interest have made VIA a practical option for low asset settings. For the screening techniques to be completely used, ladies should know about the accessibility of the strategies, to know about the infection and screening techniques. These will upgrade take-up of the screening for premalignant sores and subsequently diminishment of morbidities and mortalities coming about because of cervical cancer.⁶

This research work has accessed the knowledge of nurses about the cervical cancer and preventive measures of this disease and highlighted the preventive measures about cervical cancer to generate awareness among nurses at Faisalabad Institute of Cardiology (FIC), Faisalabad. There is need to conduct such kinds of studies to create awareness among nurses about the cervical cancer.

MATERIAL AND METHODS

This research was quantitative in nature and for the purpose of data collection a self-constructed questionnaire was used. The samples size of this study was 140 nurses at FIC, Faisalabad. The data was statistically analyzed by using SPSS 21.0.

RESULTS

Table 1 shows the frequency distribution of knowledge about cervical cancer among nurses. The responses showed that 55 nurses who are the 47.86 percent of the total population haven't knowledge about the cervical cancer. 39 who are 27.86 percent of total population have knowledge about the cervical cancer but 34 respondents who are 24.29 percent of total respondents not answered in yes and no.

Table 1. Demographic Characteristics of the Nurses

Demographic Characteristics				
Age	20-25 years	26-30 years	31-35 years	More than 35 years
	35 (25.0%)	56 (40.0%)	29 (20.71%)	20 (14.29%)
Marital Status	Single		Married	
	56 (40.0%)		84 (60.0%)	
Education	BSN	General Nursing		Others
	98 (70.0%)	17 (12.14%)		25 (17.86%)
Work experience	1-4 years	5-8 years	9-12 years	More than 12 years
	62 (44.29%)	50 (35.71%)	24 (17.14%)	4 (2.86%)

Table 2. Cervical Cancer Knowledge among Nurses

Knowledge about Cervical Cancer	Frequency	Percentage
No	67	47.86
Yes	39	27.86
I Don't Know	34	24.29
Total	140	100.0

Table 3. Knowledge

Knowledge about Cervical Cancer	No	Yes	I Don't Know		
		67 (47.86%)	39 (27.86%)	34 (24.29%)	
Cervical cancer is a genetic disease	25 (17.9%)	99 (70.7%)	16 (11.4%)		
Cervical cancer has a long precancerous lesions period	24 (17.1%)	55 (39.3%)	61 (43.%)		
Cervical cancer can be detected in its earliest stages	21 (15.0%)	62 (44.3%)	57 (40.7%)		
Cervical cancer is curable if detected early	5 (3.6%)	94 (67.1%)	41 (29.3%)		
Patients can expect to live 10 more years after active treatment	40 (28.6%)	58 (41.4%)	42 (30.0%)		
Postmenopausal women still have the risk of getting cervical cancer	30 (21.4%)	67 (47.9%)	43 (30.7%)		
Knowledge about Papillomavirus	33 (23.6%)	55 (39.3%)	52 (37.1%)		
Papillomavirus caused genital/anal warts	32 (22.9%)	48 (34.3%)	60 (42.8%)		
HPV infection as a necessary factor inducing cervical cancer	39 (27.9%)	43 (30.7%)	57 (41.4%)		
Cervical cancer in any adult female can be caused	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
	22 (15.7%)	18 (12.9%)	33 (23.6%)	43 (30.7%)	24 (17.1%)
Importance of the test of Cervix	6 (4.3%)	17 (12.1%)	46 (32.9%)	54 (38.6%)	17 (12.1%)
Carcinoma Transmission from one person to another	1 (0.7%)	6 (4.3%)	36 (25.7%)	75 (53.6%)	22 (15.7%)

Prevention Tests of carcinoma of the cervix	3 (2.1%)	28 (20.0%)	45 (32.1%)	40 (28.6%)	24 (17.1%)
Test causes no harm to the client	5 (3.6%)	11 (7.9%)	51 (36.4%)	50 (35.7%)	23 (16.4%)
Screening for premalignant cervical lesions is not expensive	2 (1.4%)	21 (15.0%)	52 (37.1%)	50 (35.7%)	15 (10.7%)
Easy Diagnosis	10 (7.1%)	31 (22.1%)	68 (48.6%)	25 (17.9%)	6 (4.3%)
Understanding about the dangers of cervical cancer	4 (2.9%)	31 (22.1%)	37 (26.4%)	43 (30.7%)	25 (17.9%)
Cervical cancer tests can only be done in a special hospital	2 (1.4%)	14 (10.0%)	34 (24.3%)	63 (45.0%)	27 (19.3%)
Cervical cancer means the presence of abnormal cells on the cervix	1 (0.7%)	21 (15.0%)	29 (20.7%)	73 (52.1%)	16 (11.4%)

DISCUSSION

Makwe & Anorlu (2011).⁷ conducted a research on ladies matured 21-56 years and who had never had a Pap smear test, with the intend to investigate their insight and consciousness of cervical cancer and its screening, demonstrated that there is an absence of learning on cervical cancer and in addition absence of information on the Pap smear test. Numerous ladies did not have a reasonable comprehension of the importance of an abnormal cervical smear and the requirement for the early recognition of cervical cancer. Numerous trusted that the motivation behind the Pap smear test was to distinguish existing cervical cancer, prompting the conviction that Pap smear screening isn't required on the grounds that the respondents had no indications. Notwithstanding significant familiarity with a connection between cervical cancer and sexual action, and also the part of a sexually-transmitted contamination, none of the respondents had known about the human Papillomavirus.

Ndikom & Ofi (2012).⁸ examined the cervical cancer screening in Kuwait and they found that the information about the test was sufficient in 147 (52.3%) ladies as it were. In created nations individuals appear to know about cancer and

screening administrations are generally accessible and used. In a cross-sectional overview of 650 ladies 15-78 years old haphazardly enlisted at 2 healing centers in London, England, 76.2% saw cervical cancer to be a typical malady and there was great attention to the relationship between this cancer with smoking and the quantity of sexual accomplices. Besides, 91.7% accepted cervical cancer could be dealt with if distinguished sufficiently early.

A few subjective investigations have additionally uncovered that, ladies' observations and constrained information about the significance of cervical screening impact take-up of cervical cancer screening.^{9,10} Numerous Women don't have a reasonable comprehension of the understanding of the screening result comes about. Numerous trust that an abnormal screening result implies that a lady as of now has cancer, so they have dread and trouble on the off chance that they screen and wind up with an abnormal outcome. These examinations additionally demonstrated that, social standards of mystery that ban ladies from talking about issues of regenerative health has made ladies not pick up learning about the significance of cervical cancer screening. Different reasons referred to for non-participation incorporate hesitance to go for a test without indications, vulnerability in the matter of whether the screening is fitting for particular age-gatherings (post-menopausal ladies and young ladies up to age of 20 years).¹¹

Fernandez et al., (2009) found in their research that the women who have higher rates of education have the higher level of screening tests for the cervical cancer which suggests that education play a role in creating awareness among nurses. In another research it was found that high education don't make an effect on the screening of cervical cancer.¹² Arulogun & Maxwell.¹³ revealed that the marital status played a role about the screening of cervical cancer as the married women have a higher rate of screening as compare do the unmarried women.

On the other hand some studies have revealed that single women have a high rate of screenings as compare to the married women.¹⁴ Guvenc et al.,¹⁵ revealed that there was only 4.2% women were screened with the cervical cancer and have the knowledge about this disease.

CONCLUSION

The topic of the study was "to assess the knowledge and awareness of Cervical Cancer in nurses of Faisalabad Institute of Cardiology, Faisalabad". The rationale of this study was to find out the level of awareness and knowledge of cervical cancer in nurses. This study was descriptive in nature and survey type research. According the majority of nurse's cervical cancer is a serious and deadly disease. Some nurses have also knowledge about the Pap smear test which is used for the detection of cervical cancer, As early detection of Cervical Cancer helps to treat effectively to prevent its severity problem. The findings of the study suggested that not as much as half of the respondents have not tested for cervical cancer. As demonstrated by different sorts of literature, including this study, abnormal state of awareness and information of cervical cancer demonstrated by respondents did not translate to the legitimate utilization of the screening services Goyal et al, 2013. This study has demonstrated that more established female medical caretakers (age more than thirty years) often get tested than more youthful female attendants. Ladies negative attitudes could deter them from up taking cervical cancer screening Julinawati et al., (2013).¹⁴

Recommendations

- It is very important to develop policy about cervical cancer screening and early detection for proper and effective treatment.
- Appropriate environment should be encouraged to test the cervical cancer in hospitals.
- There should be a great need to improve the

awareness level about cervical cancer.

- There should be a great need to provide the affordable cervical cancer services.
- Availability of proper vaccination should be make possible in our country.
- Screening test to detect cervical cancer in routine life should be considered.
- Efforts should be made to aware the nurses about cervical cancer and its symptoms.
- Public health institutions should take steps to provide awareness about cervical cancer problems on reproductive health.
- Importance of screening tests of cervical cancer should be cleared.

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