

AWARENESS RATIO OF SELF-BREAST EXAMINATION IN NURSING PRACTICE AT PUBLIC SECTOR IN DISTRICT JHANG, PAKISTAN

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ABSTRACT

Background: Breast cancer is the type of cancer most commonly spread throughout the world specially among women. If we talk about Developing countries, it's rate is increasing day by day. Keeping in view this increased rate, it is of vital importance that the people are fully aware of its hazards. Knowledge of the precautionary measures that should be implemented before its growth is also of equal importance. Literature says that for early identification of Breast Cancer Self-breast examination is one of the most effective methods. As Nurses are the most important figure in spreading health related information among women therefore we chose a sample group of nurses working in Govt. City Hospital Jhang to assess their knowledge about Self Breast Examination. **Method:** A sample group of 36 nurses was designed for subject purpose. A questionnaire was formulated based on the Literature review to be filled by the Participants. Each Session included Interviews with the participants. Quantitative analysis was done to analyze the obtained data. Knowledge about the self-breast examination was categorized into two categories i.e. less familiar and more familiar. **Results:** Out of 94.4 % response rate, 32% of nurses fell into more familiar category while 68 % into less familiar category. Out of less familiar category 22 % of the nurses said that they heard about the SBE thus depicting very poor knowledge in this regard. **Conclusion:** Only 1/3rd of the nurses had proper awareness about Self Breast examination. With this small ratio it is the need of hour to educate nurses in this regard.

Key words: Breast cancer, Self-breast examination, Quantitative analysis.

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INTRODUCTION

A very high percentage of ladies in Pakistan are suffering from Breast Cancer. Of All cancer cases breast cancer is reported to be 34.6%. Same way in the Punjab (Pakistan), it is the most common cancer disease found in Ladies.

Breast cancer may appear as a painless tumor and sometimes as a smaller portion with nodiscretetumor. This disease becomes more serious when identified during its late stages. In Pakistan a very high percentage of the patients are in advance stages mostly consisting of women of older age. Self-Breast Examination, Clinical-Breast Examination and mammography are the most commonly used screening methods used worldwide. As in case of Breast Cancer mostly lumps can be identified easily by the patient therefore Self-Breast Examination is found to be the most feasible process and is considered as a

milestone in reducing the critical outcomes of this deadly disease. It is therefore of vital importance that women across the world should be made fully knowledgeable about this technique.

Hospitals, Educational Institutes, Media and Health care professionals play an eminent role in spreading the awareness about health care issues among public in general. Specially Nurses are an important figure in this regard. In Pakistan nursing profession is prevailed by nurses. Socially women here find it easy to relate their case, specially relating breast care, to the female health Professionals therefore female nurses are always their choice in the first place.

As in Pakistan and specially it's developing cities the role of lady nurses in spreading health related information and counseling among females is

obvious. It is therefore required that their knowledge of breast cancer disease most importantly in context of its hazards and screening methods must be assessed. Locally no research was conducted for this purpose. Therefore, pertaining to the need we chose to conduct subject research among lady nurses in Govt. City Hospital Jhang.

MATERIALS AND METHODS

In October 2017 a survey was done. Participants were 36 female nurses designated as Assistant nurses and staff nurses.

A questionnaire was served among the Participants. This questionnaire was formulated based on literature review and Author's knowledge as she herself belonged to the health profession. Questionnaire was designed to assess the awareness among participants about Breast cancer risk elements, symptoms and screening methods. Questionnaire and its relevant correct answers were also vetted by the Medical Officer Serving in the sample Hospital. Initially questionnaire was given to a sample of 5 lady attendants as a test. This resulted in exclusion of some questions due to being ambiguous and was replaced by easily comprehensible questions vetted by the Medical Officer. For some questions vocabulary was also modified as test sample found it difficult to understand such questions. Alternately an easy to understand questions were inserted. If any participant still found it difficult to understand any question Interviewer was full time available to assist there. During Survey only 3 to 4 participants required assistance from interviewer in comprehending the questionnaire. The rest could easily understand and inserted their answers as required.

Participants used both English and Urdu Language to fill the questionnaire. Majority of the Participants filled in using Urdu Language as being a mother language it was easy to them to express their thoughts in Urdu. To statistically

compile the data, it was necessary to assign some identity to each participant. For this purpose, an identity no was entitled to each participant. Furthermore, personal Details such as name, address, contact number and email address as found appropriate by the participant was also gathered from each participant and their privacy was ensured to them.

Participants were only allowed to discuss the questionnaire with surveyor and not among themselves. There were forty questions to be answered by the Participants. Response was adapted as Yes (showing agreement), No (showing disagreement) and "No idea" (showing no knowledge in this regard). General Distribution of the Questions in the questionnaire was as follows

Sr. No	Nature of Questions	Distribution
1.	General Knowledge about Breast Cancer	6 No.
2.	About Breast Cancer Hazard Elements	10 No.
3.	About Signs of Breast Cancer	12 No.
4.	About Breast Cancer Screening Methods	12 No.

Questions related to probable reasons of Breast Cancer were based on Stager's comprehensive test. Author also consulted national literature preferably in the local context while formulating the questionnaire. Table 1 depicts the tool utilized for evaluating risk factors.

Questionnaire was filled by all participants on average of 45 minutes. If any of the participant nurse was absent or busy, she was contacted by the surveyor to locate her. Survey was planned to be conducted in the shortest possible time so that the hospital may not get polluted or working of the staff may not suffer. 34 nurses were present during interview. All were interviewed briefly and in time. The reason behind this high response rate of 94.4% was nurses' interest in enhancing their knowledge regarding breast cancer. This response rate was a clear depiction of need of arranging seminars or workshops about breast cancer among nurses in hospitals for the betterment of society.

Immediately after completion, Surveyor took back the questionnaire. He went through the questionnaire and made it sure that all questions are answered. He also checked either the writing is comprehensible or not.

Participants' personal information containing gender, age, marital status, education, religion, and total monthly expense were also inquired in a section contained in questionnaire.

Considering the previous researches, we hypothesized that these factors play an influential role in context to the participant's awareness about BC. In this way nurse's groups deficient in BC awareness were identified. Another milestone achieved in this survey was identification of suitable medium which should be adopted to increase the Breast cancer awareness among females. For this purpose, source of information of the participants was collected.

Data Management:

On the questionnaire “1” number was assigned to each correct answer and “0” to an incorrect one. A total score was calculated by adding the number of each correct answer. There were 40 questions in the questionnaire and a median score of (19) was used as a cut-off point. For the scores above “19” participants were categorized as “More familiar” and for scores “19 or less” as “Less Familiar”. For each reply the percentage of women inserting right answer was calculated to provide us with the frequency of awareness.

Table 1. Items and their scores evaluating knowledge of breast cancer risk factors with percentage of correct replies				
Sr #	Questions	Correct Answers	Score	Correct Reply
1	Breast cancer is infectious	No	1	70%
2	Risk of development of breast cancer increases with increase in weight	Yes	1	40%
3	A tight bra can overtime be a reason of breast cancer	No	1	35%
4	Late First pregnancy or after the age of 30 may cause development breast cancer	Yes	1	15%

5	Chances of breast cancer among women increases with Use of Oral contraceptives	Yes	1	54%
6	Mostly breast lumps are cancerous	No	1	70%
7	A hard hit to breast may cause breast cancer	No	1	24%
8	Among women breast cancer can be inherited from first blood relative	Yes	1	35%
9	Breast feed increases the chances of Breast cancer	No	1	96.7%
10	curse or evil eye can result into Breast Cancer	No	1	98%

RESULTS

Nurses in Govt. city hospital Jhang have very limited awareness of Breast cancer. Figure 1 is a histogram bifurcating sample group into “less familiar” and “more familiar” category. 32.35% of the participants (11 No's) obtained marks more than “19” and fell into “more familiar” category. While 67.65% (23 No's) obtained marks less than “19” and categorized as “less familiar”. For most of the risk factors of Breast cancer a very less percentage of nurses were aware of it (Fig 2). Among sample group, awareness about Breast cancer self-examination was confined only to 36% and its practice among them was furthermore confined to a reduced level of 32% (Fig 3)

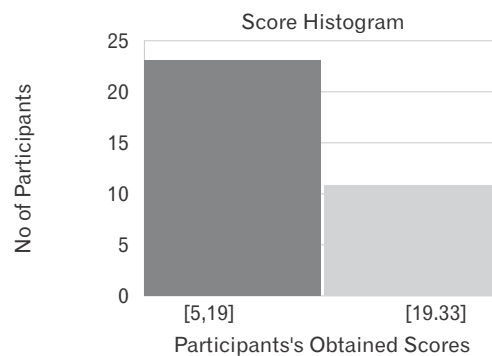
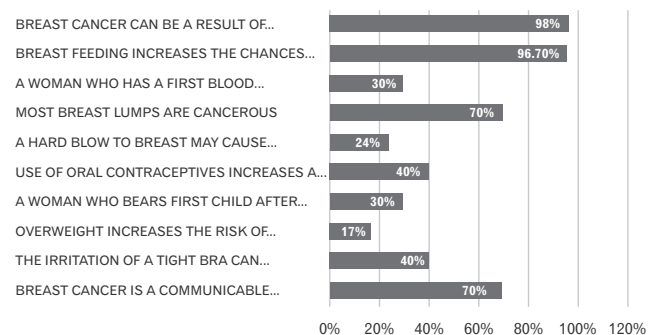
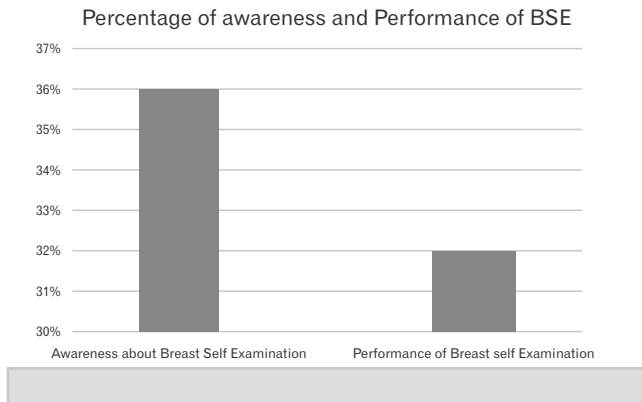


Figure 1.

Breast Cancer Risk Factors





Study confirms that larger part of the members has an extremely constrained information about BC hazard elements and BSE.

DISCUSSION

The research has been done to survey the state of awareness about breast cancer and SBE exercise among medical attendants in Govt. City Hospital Jhang. The survey verified that the sample group do not have adequate information about Self Breast-Examination and its Practical implementation.

Results likewise depicted that Participants had sufficient learning about the presence of breast cancer and greater part of the study members were also aware about a few of the hazards prompting breast cancer advancement. The participants however had very less information about many risk factors which includes Relation between Breast Cancer and overweight, Relation between Breast cancer and age at first labor, Relationship of Breast malignancy with utilization of oral contraceptives and a hard hit to the Breast. A less level of nurses was aware of Self breast-examination and its exercise among them was also likewise restricted.

It is of prime significance that ladies ought to know the element that regardless of whether they have just a solitary risk factor they are still at bigger risk for the growth of breast cancer and hence ought to have prior screening for it. Researches have been done to measure the mindfulness about Self-Breast Examination

among Pakistani ladies. As per a cross sectional investigation completed in hospitals in Lahore, just 35% of the nurses knew about SBE practice. This demands for much better awareness workshops and Education about the SBE.

Going through the Previous researches uncovers that Nurses graduating from private school of nursing had better information about Self Breast Examination Practice. This is due to the reason that some private foundations in Pakistan have introduced post fundamental nursing instruction past the diploma level while the Government areas do not have such projects. This region requires additional research.

A nurse who has looked after a patient suffering from breast cancer is more knowledgeable of the Self-Breast examination process. Our research shows that a nurse who had ever encountered a breast examination by a health professional secures good knowledge of this method. Like wise, our research revealed that in context of Breast cancer hazards and its screening procedures the health care providers was a major source of information to the nurses. Which calls for the that the counseling procedures of health care providers in this regard should be evaluated.

CONCLUSION

Despite the very less knowledge about the Breast cancer and Self-Breast examination in the nurses of Govt. City hospital Jhang, the inclination towards acquiring knowledge about the screening methods and passion to educate others was genuinely reassuring. Learning and practice can be supported by propagating public health awareness through various media.

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