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## Effectiveness of teaching programme on breast self-examination among adult women

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**Abstract**

**Background:** The practice of breast self-examination has become popular as a means of early detection of breast cancer. Because of the sexuality associated with breast. Some women find it difficult to view their breast as functional anatomy that needs proper health care as much as other anatomical parts. Women should begin to perform breast self-examination as soon as they develop breast.

**Aim:** To assess the Effectiveness of teaching programme on breast self-examination among adult women.

**Material and method:** Study conducted by using the quasi experimental design, using Simple random sampling technique by lottery method.

**Statistical Analysis Used:** The collected data was organized, tabulated, analyzed and interpreted by using descriptive and inferential statistics based on the objectives of the study.

**Results and Conclusion:** The study reveals that knowledge of breast self-examination among adult women in experimental group, shows that 81% are having good knowledge, 12% are having adequate knowledge and 7% are having poor knowledge. Hence the teaching programme on breast self-examination was more effective to improve health status.

**Keywords:** teaching programme, breast self-examination, adults, women

**Introduction**

The practice of breast self-examination has become popular as a means of early detection of breast cancer. Because of the sexuality associated with breast. Some women find it difficult to view their breast as functional anatomy that needs proper health care as much as other anatomical parts. Women should begin to perform breast self-examination as soon as they develop breast. By starting this practice as teenagers, when the menstrual cycle has some regularity, women will develop the habit and become familiar with their breast at an early stage. The teenagers who are taught breast self-examination as a health promoting behavior is less likely to be influenced by societal taboos associated with "touching her-self". 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 cycle that occur <sup>[1]</sup>.

Women who do not have menstrual cycle should practice breast self-examination on the same day each month. So that they become familiar with their cyclic changes and also to help in the development of practice, usually the first day or a last of the month is a good reminder. Once women have become familiar with their breast, it is sufficient to perform breast self-examination once a month at the end of menstrual period when the breast are not being highly influenced by the cyclic hormones. The nurse is aware that some older women, who have been introduced to breast self-examination in later life, may find it difficult to do because of some societal taboos <sup>[2]</sup>.

According to Davidson's, breast cancer accounts for around 20-25% of all female cancer in both India and UK, but the incidence in the UK per 100000 women is three times higher than in Mumbai. In contrast, carcinoma of the cervix is the second most common cause of cancer death in women <sup>[3]</sup>.

**2. Objectives of the Study**

- To assess the effectiveness of teaching programme on breast self-examination among adult women.

- Find out the association between the effectiveness of teaching programme on breast self examination among adult women with selected socio demographic variables.

**3. Detailed Research Plan** <sup>[4]</sup>

**Research Approach:** Quantitative Approach.

**Research Design:** Quasi experimental research design.

**Research Setting:** The study was conducted in inpatient department in the RIMS hospital.

**Sampling Technique:** simple random sampling technique by using lottery method.

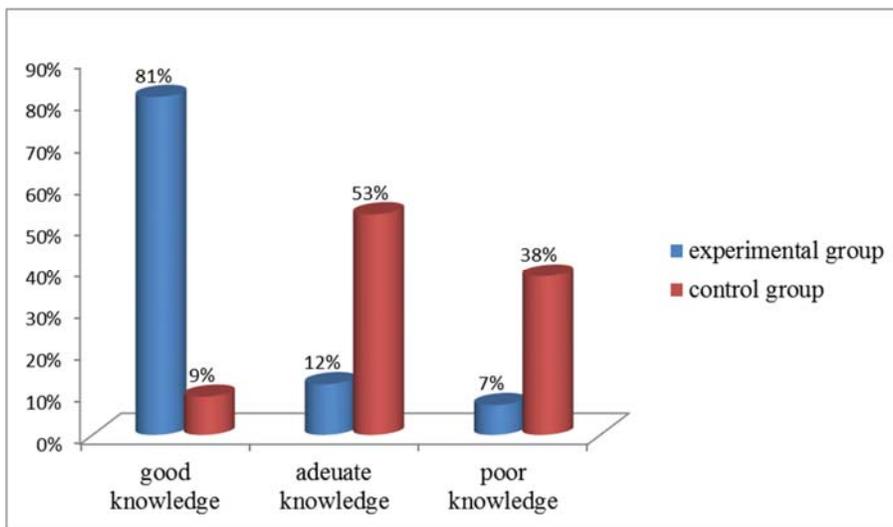
**Sample Size:** The sample size of the study was observed over 60 adult women.

**4. Results and discussion**

**Table 1:** Percentage distribution of breast self examination among adult women in experimental and control group.

Level of knowledge	Experimental group	Control group
Good	81%	9%
Adequate	12%	53%
Poor	7%	38%

Table-1: Shows that frequency and percentage distribution of breast self-examinations in experimental group, 81% are having good knowledge, 12% are having adequate knowledge and 7% are having poor knowledge. In control group, 9% are having good knowledge, 53% are having adequate knowledge and 38% are having poor knowledge. Hence the teaching programme on breast self examination among was more effective to improve health status.



**Fig 1:** Percentage distribution of breast self-examination among adult women in experimental and control group.

**Association between the effectiveness of breast self-examination among adult women in with selected socio demographic variables.**

There is a significant association between the variables like occupation, income and source of health information at the level of P<0.05.

**5. Conclusion:** The study shows that teaching programme on breast self-examination was very effective method for improving health status among women.

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