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## Self-Care Management of Cancer Cervix among the Patients Admitted In Caritas Cancer Center, Kottayam

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### Abstract

Cervical cancer is the fifth most common cancer in humans, the second most common cancer in women worldwide and the most common cancer cause of death in developing countries. The study was conducted to assess the effectiveness of self-instructional module regarding self-care management of cancer cervix among women and also to find out the association between post-test knowledge scores on self-care management of cancer cervix with their selected demographic variables of the women. Quasi experimental research design and cross-sectional survey approach was used. 45 women with cancer cervix between the age group of 35-65 years of age admitted in caritas cancer center, kottayam were selected by using purposive sampling technique. The data was collected by using closed ended questionnaire and were analysed by using descriptive and inferential statistics. Findings depicts that Highest percentage of women (37.8%) were diagnosed as cancer cervix before 1 month of data collection and (64.4%) of women had undergone chemotherapy. Highly significant difference was found between pre and post-test knowledge scores ( $P < 0.01$ ) whereas, no significant association was found between post-test knowledge scores when compared to demographic variables ( $P > 0.05$ ).

**Keywords:** cervical cancer, self-care management

### 1. Introduction

Cervical cancer is the fifth most common cancer in humans, the second most common cancer in women worldwide and the most common cancer cause of death in developing countries<sup>[1]</sup>. The worldwide incidence of cervical cancer is approximately 510,000 new cases annually, with approximately 288,000 death worldwide<sup>[2]</sup>. Unlike many other cancers, cervical cancer occurs early and strikes at the productive period of a women's life. The incidence rises in 30-34 years of age and peaks at 55-65 years, with a median age of 38 years (age 21-67years). India has a population of approximately 365.71 million women above 15 years of age, who are at risk of developing cervical cancer. It estimates that approximately 132,000 new cases diagnosed and 74,000 deaths annually in India, accounting to nearly 1/3<sup>rd</sup> of the global cervical cancer death<sup>[4]</sup>. Indian women face 2.5% cumulative lifetime risk and 1.4% cumulative death risk from cervical cancer. Tremendous strides have been made in reducing the rate of cervical cancer. However, women continue to be afflicted by a disease that is potentially preventable and curable. The women who remain most susceptible to the development of cervical cancer are those who are lost to screening or who do not receive screening at all. Therefore, health care personal must remain vigilant by screening all susceptible women with routine Pap smear test.

### Objectives

To

- Assess the effectiveness of self-instructional module regarding self-care management of cancer cervix among women.
- Find out the association between posttest knowledge scores on self-care management of cancer cervix with their selected demographic variables of the women.

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**2. Methodology**

A Quasi experimental research design and cross-sectional survey approach was used to conduct the present study. 45 women with cancer cervix between the age group of 35-65 years of age admitted in caritas cancer center, kottayam, willing to participate and present during data collection period were selected as sample by using purposive sampling technique. The tools were divided into 2 parts. Part- 1 contains the self-instruction module which carries the information regarding the self-care management of cancer cervix and part-2 contains the closed ended questionnaire regarding knowledge on self-care management of cancer cervix.

**Data collection procedure**

Prior to data collection written permission was obtained from the director of the caritas cancer centre, Kottaayam and Consent was taken from samples. Data was collected from the sample after testing the validity and reliability ( $r = 0.89$ ) of tool. The Pretest was conducted among the cervix cancer patients by giving closed ended questionnaire to assess the knowledge on self-care management of cancer cervix, before

implementation of self-instructional module. Immediately after pretest SIM was given to the same patients. Evaluation was done by conducting post-test after 7 days of implementation of SIM by using the same closed ended questionnaire used for the pre-test. And the data were analysed by using descriptive and inferential statistics.

**Findings**

- ❖ Highest percentage (49%) of women were in the age group of 45-55 years and had primary education (49%)
- ❖ Around 60% of the women were house wives, and 78% belonged to urban area
- ❖ Majority (64.4%) of women had more than two children.
- ❖ Highest percentage of women (37.8%) were diagnosed as cancer cervix before 1 month of data collection and (64.4%) of women had undergone chemotherapy.
- ❖ Highly significant difference was found between pre and post-test knowledge scores ( $P < 0.01$ ) whereas, no significant association was found between post-test knowledge scores when compared to demographic variables ( $P > 0.05$ ).

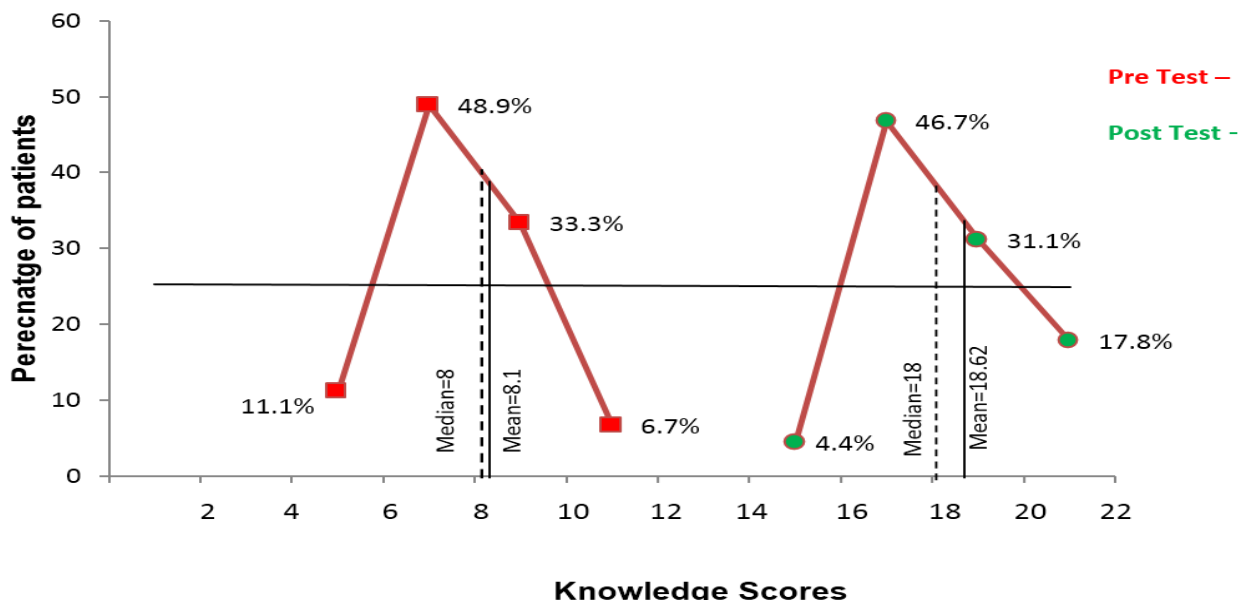
**Table 1:** Overall and Area wise comparison of mean, SD and mean percentage of pre and post-test knowledge scores of cancer cervix women regarding self-care management.

Area	Max score	Pre test scores			Post test scores			Difference in mean %
		Mean	SD	Mean %	Mean	SD	Mean %	
Meaning & importance of self-care	4	1.33	0.78	33.33	3.022	0.714	75.5	42.2
Management of pain and vomiting	6	1.56	1.31	26	3.51	1.02	58.5	32.5
Hair loss	3	1.09	0.81	36.33	2.13	0.7	71	34.67
Skin problems	3	0.91	0.66	30.33	2.24	0.64	74.7	44.37
Oral problems	2	0.77	0.73	38.5	1.82	0.4	91	52.5
Nutrition	3	1	0.6	33.33	2.2	0.5	73.33	40
Rest & sleep	3	1	0.67	33.33	2.11	0.67	70.33	37
Sexual management	2	0.37	0.6	18.5	1.6	0.6	80	61.5
Overall	26	8.1	1.5	31.2	18.62	2.1	71.62	40.42

Comparison of overall mean, SD and mean percentage of pre and post-test knowledge scores shows that over all pre-test mean score was  $8.1 \pm 1.5$  which is 31.2%, whereas in post-test the mean score was  $18.62 \pm 2.1$  which is 71.62% revealing

the difference of 40.42% shows the effectiveness of SIM.

**Line graph showing the comparison of pre and post-test knowledge scores**



**Fig 1:** Line graph showing the comparison of pre and post-test knowledge scores of cancer cervix women regarding self-care management

**Table 2:** Association between post-test knowledge scores of the women related to self-care management of cancer cervix and demographic variables

Sl. No.	Area	$\chi^2$ value	Level of significance
1.	Age	19.3	Significant
2.	Education	5.08	Significant
3.	Occupation	3.968	Significant
4.	Family monthly per capita income	0.029	Not significant
5.	Residence	0.119	Not significant
6.	Parity	0.0728	Not significant
7.	Time of diagnosis	4.156	Significant
8.	Type of treatment	0.123	Not significant

df = 1, Table value = 3.84,  $P < 0.05$  = significant,  $P > 0.05$  = not significant

The null hypothesis formulated is accepted. It can be interpreted that the differences observed in the post-test values of self-care management of cancer cervix with regard to the demographic variables were not true differences with regard to these demographic variables.

**Table 3:** Comparison between difference of pre and post-test knowledge of women regarding self-care management of cancer cervix

Sl. No.	Area	't' value	Level of significance
1	Meaning & importance of self-care	11.96	Highly significant
2	Pain and vomiting management	10.14	Highly significant
3	Hair loss	9.4	Highly significant
4	Skin problems	13.91	Highly significant
5	Oral problems	10.3	Highly significant
6	Nutrition	9.9	Highly significant
7	Rest & sleep	10.55	Highly significant
8	Sexual management	12.97	Highly significant

Table value = 3.84,  $P < 0.05$  = significant,  $P > 0.05$  = not significant

Paired 't' test was calculated to assess the pre and post-test knowledge scores of women regarding self-care management of cancer cervix. The finding shows highly significant difference for all the areas. Thus, it can be interpreted that the difference in mean score values related to the above mentioned areas were true difference and not by chance. Hence, the null hypothesis is rejected and statistical hypothesis accepted ( $P > 0.05$ ). It shows that the SIM was effective for all the areas (Table No. 3).

### 3. Nursing Implication

- The contents of SIM will help the nursing professionals working in hospital and community to reinforce their knowledge on self-care management of cancer cervix.
- The findings will help the student nurse to identify the need for giving education to the women's regarding self-care management of cancer cervix.
- The findings of the study can be utilized for conducting further study on women regarding self-care management of cancer cervix.
- A large scale study can be done for replication to standardize the SIM on cancer cervix self-care management.

### 4. Recommendations

Based on the findings of the study the following recommendations have been made for further study.

- Same study can be conducted by using large sample to generalize the findings.
- Certain items of the SIM in the present study were less effective. Hence, the same study can be conducted on similar samples to assess the effectiveness of CD after modification of SIM content.

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