

Available online on 25.08.2019 at <http://jddtonline.info>

# Journal of Drug Delivery and Therapeutics

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Research Article

## A study to assess the effectiveness of informative booklet regarding knowledge of breast cancer and breast self-examination among the 2<sup>nd</sup> year B.Sc nursing students

Mustufa U. Mansuri <sup>1\*</sup>, Farzana Mansuri<sup>2</sup><sup>1</sup> Government College of Nursing, Siddhpur (Gujarat)-384151, India<sup>2</sup> PHC, Mudeti Taluka Idar, Sabarkantha (Gujrat)-383450, India

### ABSTRACT

**Background:** Breast cancer is the most common type of cancer in women and the second leading cause of cancer related death, next the lung cancer. If eight women live to the age of 85 year at list one of them will develop breast cancer in her life time. Two thirds of women diagnosed with breast cancer are over the age of 50 year. It is estimated that only 25%-30% of women perform breast self examination proficiently and regularly each month. Breast cancer is a common cause of cancer morbidity and mortality in women.

**Aims and objective:** To assess the knowledge of 2<sup>nd</sup> year B.sc nursing students in Government College of nursing, Siddhpur. To determine the effectiveness of informative booklet among 2<sup>nd</sup> year b.sc nursing students in government college of nursing, Siddhpur. To find association between pre-test knowledge and post-test knowledge.

**Material and Methods:** In the present study the investigator selected quasi-experimental research approach, single group pre-test and post-test design was used. 35 students of 2<sup>nd</sup> year B.Sc. Nursing students of government college of Nursing, Siddhpur(Gujarat) selected by using purposive sampling technique. A structured questionnaire was used.

**Results:** findings revealed that highest percentages (82.86%) were in the age group of 19- 20 year, and (11.43%) of them were in the age group of 20-21 years, (94.28%) were in the religions of Hindu and (2.86%) in the religions of Muslim and Christian. (100%) were had Higher Secondary education. (91.43%) were taking Vegetarian Diet and (8.57%) were taking mixed diet. (62.86%) are from Joint Family and (37.14%) are from Nuclear Family. Study findings revealed that The knowledge score of the sample show marked increase as seen in the post-test score of the experimental group, which indicate that the informative booklet is effective in increasing the knowledge of the sample regarding breast cancer and breast self examination.

**Keywords:** Study, Assess, Effectiveness, Informative, Adolescent Girl, Knowledge, Breast Cancer, Breast Self Examination.

**Article Info:** Received 06 July 2019; Review Completed 11 Aug 2019; Accepted 18 Aug 2019; Available online 25 August 2019



### Cite this article as:

Mansuri MU, Mansuri F, A study to assess the effectiveness of informative booklet regarding knowledge of breast cancer and breast self-examination among the 2<sup>nd</sup> year B.Sc nursing students, Journal of Drug Delivery and Therapeutics. 2019; 9(4-s):1222-1223 DOI: <http://dx.doi.org/10.22270/jddt.v9i4-s.3945>

### \*Address for Correspondence:

Dr. Mustufa U. Mansuri, Government College of Nursing, Siddhpur (Gujarat)-384151, India

### INTRODUCTION:

Breast cancer is the most common type of cancer in women and the second leading cause of cancer related death, next the lung cancer<sup>1</sup>. If eight women live to the age of 85 year at list one of them will develop breast cancer in her life time. Two thirds of women diagnosed with breast cancer are over the age of 50 year and the majority of the remaining women diagnosed with breast cancer are between the ages of 39 and 40.

Breast self examination is easily detected by adolescent girl so that the priority is given to teaching all girls how and

when to examine their breast. It is estimated that only 25%-30% of women perform breast self examination proficiently and regularly each month. Breast cancer is a common cause of cancer morbidity and mortality in women.<sup>2</sup> Breast self examination of breast by individual have been promoted for many years as screening methods to diagnosed breast cancer at an early stage in order to decrease the risk of dying from breast cancer. Early diagnosis affords a better chance of survival and better prognosis in absence of an enact etiological agent for breast cancer, the most appropriate way of controlling it, will be early detection and treatment.<sup>3</sup>

Breast self examination is less economic than mammography. Breast cancer can be detected earlier and survival rate of women can be improved. Rural population has less access to medical care facilities and their educational status is lower.<sup>4</sup> There for it is essential to educate them about breast cancer, is prevention and the early detection by systemic breast self examination. Improved knowledge about breast cancer and ability to perform breast self examination at this age would be effective, because of perceived threat of breast cancer should motivate them to practice breast self examination regularly.<sup>5</sup>

#### Objectives of the Study

- To assess the knowledge of 2<sup>nd</sup> year B.sc nursing students in government college of nursing Siddhpur.

- To determine the effectiveness of informative booklet among 2<sup>nd</sup> year B.sc nursing students in government college of nursing Siddhpur.
- To find association between pre-test knowledge and post-test knowledge.

#### MATERIAL AND METHODS

A Quasi-experimental research approach, single group pre-test and post-test design was used. 35 students of 2<sup>nd</sup> year B.Sc. nursing students of government college of Nursing, Siddhpur (Gujarat) selected by using purposive sampling technique. A structured questionnaire was used. The questionnaires comprises of two sections. Section A consist socio demographic variable and Section B consists 30 items structured questionnaire was used. The data was analyzed by using descriptive and inferential statistics.

#### RESULTS

**Table1: Distribution of overall knowledge scores in frequency and percentage obtained by the experimental group**

Knowledge Score	Pre-Test		Post-Test	
	Frequency	Percentage	Frequency	Percentage
0-10(Poor)	7	20%	0	0%
11-20 (Average)	28	80%	2	5.71%
21-30(Good)	0	0%	33	94.29%
<b>TOTAL</b>	<b>35</b>	<b>100%</b>	<b>35</b>	<b>100%</b>

Findings revealed that highest percentages (82.86%) were in the age group of 19- 20 year, and (11.43%) of them were in the age group of 20-21 years, (94.28%) were in the religions of Hindu and (2.86%) in the religions of Muslim and Christian. (100%) were had Higher Secondary education. (91.43%) were taking Vegetarian Diet and (8.57%) were taking mixed diet. (62.86%) are from Joint Family and (37.14%) are from Nuclear Family. Study findings revealed that The knowledge score of the sample show marked increase as seen in the post-test score of the experimental group, which indicate that the informative booklet is effective in increasing the knowledge of the sample regarding breast cancer and breast self examination.

#### CONCLUSION

The conclusion of the study can be drawn in the following manners. Most of the 2<sup>nd</sup> year B.sc nursing students had less

knowledge regarding breast cancer and breast self examination so they need detail and through knowledge for breast cancer and breast self examination.

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