



## A Scenario: How Much Trainee Nurses Knows about the Breast Cancer and Breast Self Examination?

Authors

**Mrs. Farha Azmi<sup>1</sup>, Dr Munawwar Husain<sup>2</sup>**

<sup>1</sup>RN RM, Lecturer, Government college of Nursing, GSVM, Kanpur  
U.P India 208014

<sup>2</sup>MD, DNB, MNAMS, PG Diploma in Criminology and Criminal Administration  
Professor, Departments of Forensic Medicine, J N Medical College,  
Aligarh Muslim University, Aligarh 202 002, India

Corresponding Author

**Ms. Farha Azmi**

Email: [farha\\_azmi786@yahoo.co.in](mailto:farha_azmi786@yahoo.co.in) [farha.azmi786@rediffmail.com](mailto:farha.azmi786@rediffmail.com)

### ABSTRACT

*The idea for this study came to the mind of the authors by spate of incidences in which the aggrieved mob destroyed the health as property of the individual day by day by decreasing, the ignorance of detecting the both breast can maximize the chances of death after breast cancer. Study is to assess knowledge regarding breast cancer and breast self examination among trainee nurses of college with a view to prepare health education programme at Moradabad. Objectives are, To assess knowledge regarding breast cancer, breast self examination and prepare health education programme among nursing students of a college. The research approach selected for this study is a descriptive approach as per the nature of the study. The research design is based on descriptive research non experimental survey method. The population of present study comprises of first year and second year students of college of Nursing, sample is trainee nurses, sample size is 37. The sample was collected by using convenient method. Knowledge for breast cancer percentage of good knowledge is 25%. Average Knowledge is 31.25%. Poor knowledge score is 43.75%. Knowledge for breast self examination, Good knowledge score is 15.62%. Average knowledge is 28.12%. Poor knowledge score is 56.25%.*

**Keywords:** Knowledge, Trainee nurses, health education programme, Breast self examination,

### Background of the study

Breast cancer can be defined as a cancerous growth that inhibits the tissues in the breast. In this type of cancer the cells in the breast region grow abnormally in uncontrolled way. Cancer is the second leading cause of mortality and morbidity in both developed and developing countries. In India, cancer prevalence is estimated around 2.5 million with over 0.8 million new cases, 0.5 million death occurring each year<sup>(1)</sup> Malignant tumour which is invasive and metastasizes to new sites by lymph/blood<sup>2</sup>.making it the most common cancer among women with around 40% of cases in developing countries, ”says A company spokesperson about the reason for instituting the global study<sup>3</sup>

### Breast self examination

Breast self examination seems to be an important screening measure for breast cancer performing breast self examination every month, starting at age 20. Breast self examination is a way for women to check their breasts for lumps or suspicious changes. Women over the age of 20 are advised regularly usually at a time other than days before, during or right after menstrual periods .The best way to prevent people from dying of breast cancer is by promoting early detection is defined by finding cancers that are already present. American cancer society also recommends that techniques be done during other times of the month, not just after a woman`s menstrual cycle. Breast self examination is one tool that can detect a change in the breast. If a

change is detected the woman should notify a provider.<sup>4</sup>

According to breast cancer specialist Susan Love, “Breast cancer does not work like that.... its sneaky. You could examine yourself everyday and suddenly find a walnut.<sup>5</sup>

### Researcher’s need

The Nursing student, they don’t perform breast self examination and even they don’t known about breast self examination hence we select this topic because we want to give knowledge regarding breast self examination that will detect early breast cancer and prevent from it.

### Problem statement

A study to assess knowledge regarding breast cancer and breast self examination among trainee nurses of college with a view to prepare health education programme at Moradabad.

1. To assess knowledge regarding breast cancer among nursing students of a college.
2. To assess knowledge regarding breast self examination among nursing students of a college at Moradabad.
3. To prepare health education programme regarding breast self examination among nursing students of college at Moradabad.

### METHODOLOGY

The research approach selected for this study is a descriptive approach as per the nature of the study The research design is based on descriptive research non experimental survey method. The

population of present study comprises of first year and second year students of college of Nursing, sample is trainee nurses, sample size is 37. The sample was collected by using convenient method.

**Conceptual frame work**

The conceptual model for the study was based on the general system theory by Ludwig Von Bertalanffy (1968). In this theory the main focus is on the discrete parts and their interrelationship which consist of input, throughput and output.

**Input**

According to theory Input are the energy and raw material transformed by system e.g. Information, time, individual efforts. In this study input

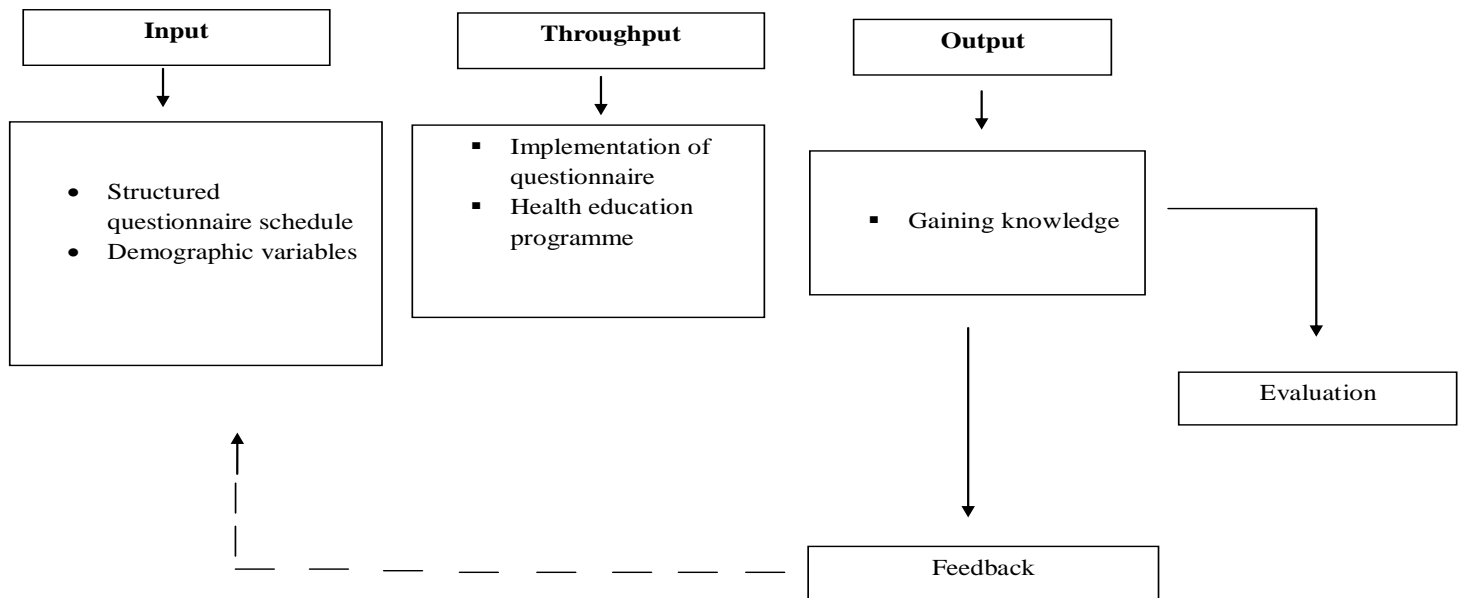
includes: Structured questionnaire method  
Demographic variable

Throughput According to Ludwig Von Bertalanffy (1968) throughput refers to the process by which the system possess input and release an out. In this study the throughput considered for processing the input are:  
Implementation of questionnqire, Health education programme

**Output**

output is considered to the gain in knowledge regarding breast cancer and breast self examination obtained through the processing of the health education programme. It will be received in the form of the knowledge.

**CONCEPTUAL FRAMEWORK**



Conceptual framework based on general system model by Ludwig Von Bertalanffy (1968)

Note: feedback is not included in the study

**ANALYSIS OF DATA**

Allotment of score for assessment of knowledge of breast cancer among trainee nurses- N=14

**Table- 1**

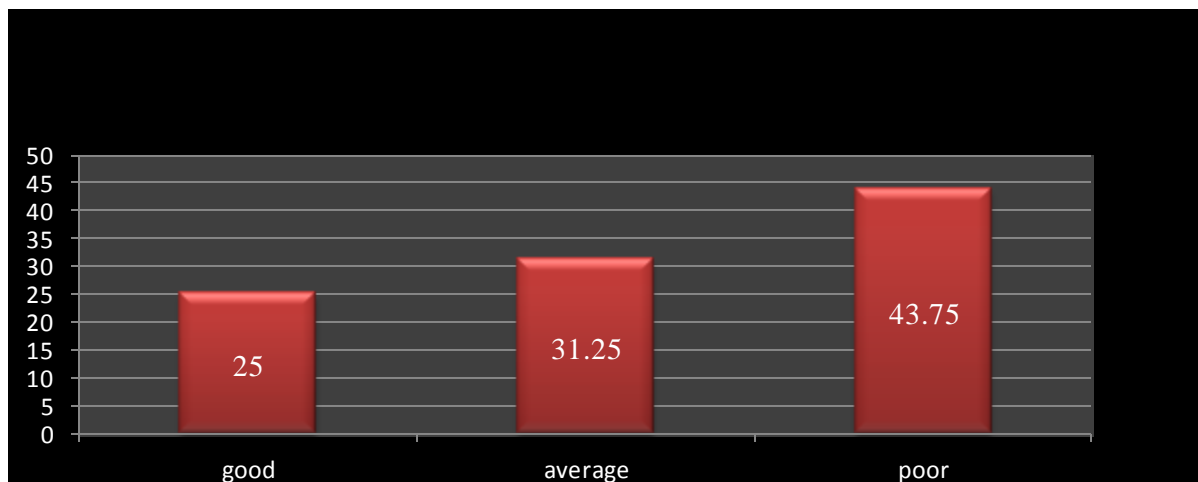
S.N	Description	Max. score	Good	Average	Poor
1.	Knowledge	14	10 – 14	5 – 9	Below 5

**Table- 2** Frequency of respondents

S.N	Description	Total sample	Good(f)	Average(f)	Poor(f)
1.	Knowledge	32	8	10	14

**Description-** The table- 2 depicts that Good knowledge score is range from 10 - 14 and there were 8 students they have achieved good score and the percentage of good knowledge is 25%.Average Knowledge score is range from 5 - 9 and there were 10 students they have

achieved average score and the percentage of average knowledge is 31.25%. Poor knowledge score is range from below 5 and there were 14 students they have achieved poor score and the percentage of poor knowledge is 43.75%.



“**Figure-1** shows percentage of knowledge score of breast cancer”

Allotment of score for assessment of knowledge of breast self examination among trainee nurses- N= 10

**Table- 3**

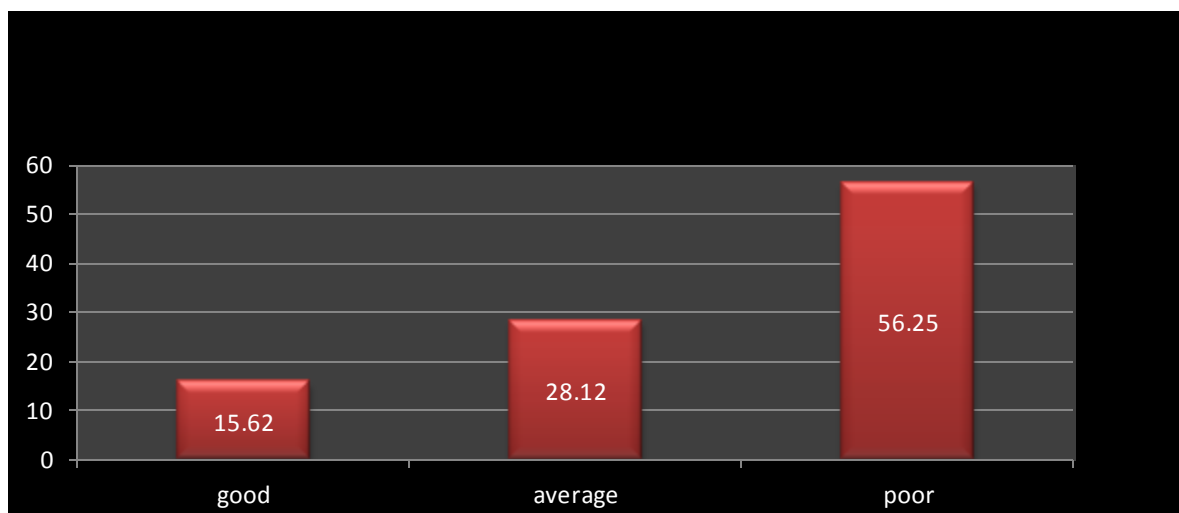
S.N	Description	Max. score	Good	Average	Poor
1.	Knowledge	10	7 - 10	4 – 6	Below 4

**Table-4** Frequency of respondents

S.N	Description	Total sample	Good(f)	Average(f)	Poor(f)
1.	Knowledge	32	5	9	18

**Description-**The table- 4 depicts that Good knowledge score is range from 7 – 10 and there were 5 students they have achieved good score and percentage is 15.62%. Average knowledge score is range from 4 – 6 and there were 9

students they have achieved average score and percentage is 28.12%. Poor knowledge score is range from below 4 and there were 18 students they have achieved poor score and percentage is 56.25%.



“**Figure -2** shows percentage of knowledge breast self examination”

The table- 4 depicts that Good knowledge score is range from 7 – 10 and there were 5 students they have achieved good score and percentage is 15.62%. Average knowledge score is range from 4 – 6 and there were 9 students they have achieved average score and percentage is 28.12%. Poor knowledge score is range from below 4 and there were 18 students they have achieved poor score and percentage is 56.25%.

## DISCUSSION

Objective -1 is achieved by assessment of knowledge by asking total 14 questions to breast cancer among trainee nurses, the percentage of good knowledge is 25%. Average Knowledge is 31.25%. Poor knowledge score is 43.75%. Objective- 2 that Good knowledge score is range from 7 – 10 and there were 5 students they have achieved good score and percentage is 15.62%. Average knowledge is 28.12%. Poor knowledge score is 56.25%.

**CONCLUSION**

The idea for this study came to the mind of the authors by spate of incidences in which the aggrieved mob destroyed the health as property of the individual day by day by decreasing, the ignorance of detecting the both breast can maximize the chances of death after breast cancer.

Generally, this teenage keeps to themselves, does not interact with others outside their group, and are blissfully unaware of the complication of the breast nodule. They must face breast self examination. Which in the term of health education programme given to the trainee nurses has lead to increase in knowledge towards breast self examination.