

# A Study to Assess the Effectiveness of Planned Teaching Programme on Knowledge of Breast Self-Examination among Postnatal Women

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**Abstract:** Breast abnormalities are one of the important public health problem and studies have reported that awareness and practice of breast examination is an important method of prevention. Breast problems are significant health concerned to post natal women's life time. One in every eight post natal women will be diagnosed with breast abnormalities A breast exam is a self-inspection of the breasts. This gives a greater awareness of the condition of breasts. Breast exams may help identify potential breast problems. Breast examination is essential for early breast abnormalities detection. The pre-experimental study was carried out in SRMS hospital with an objective to evaluate the effectiveness of PTP among post natal women regarding BSE (Breast Self examination). Data was obtained from 50 post natal mothers in the age group 20-40 years. A set of 20 questionnaires were used to evaluate the knowledge of post natal mothers. Purposive sampling technique was used. The research design of the study was pre experimental one group pretest posttest design. The result shows the significant difference in pre-test and post-test knowledge scores of post natal mothers. In the pre-test majority 96% had poor scores and 4% had average scores, whereas in the post-test majority 76% had good scores and 24% average scores. Nurses play a pivotal role in teaching the BSE to the women's to identify the Breast abnormalities. The nurses who can promote monthly BSE should be perfect by supporting realistic believes about early detection & prevention of breast abnormalities as well as demonstrating BSE, so that the women can do it themselves without consulting physician.

**Keywords:** Effectiveness, Planned teaching Programme, Breast Self examination (BSE), Post natal mothers.

## I. INTRODUCTION

Breast problems are significant health concerned to post natal women's life time. One in every eight post natal women will be diagnosed with breast abnormalities such as pain, pus, engorgement, lumps, fibroids, cancer in breast etc. Intense feeling of shock, fear & denial often accompany the initial discovery of a lump or change in the breast. These feelings are associated both with fear of survival & with the possible loss of Breast.

There are some methods used for early detection of breast abnormalities. The first method is Mammography i.e. X-ray of the breast, The second method is for a woman to get herself examined clinically by a breast specialist. It appears that if clinical examination is done properly it may be as effective as mammography. The third method is self-examination whereby a woman examines her own breasts once a month after taking lessons from an expert.

Breast self examination enables a women or girls to detect changes in her breasts. The examination should be done each month soon after the menstrual period ends as normal physiological changes that they confuse results occur in the premenstrual period. This method of self examination is useful in the early detection of breast abnormalities.

Recent researchers estimates that screening by BSE has a senility of about 54% & a specificity of about 94%. It was found that mortality had fall in by 31% after 6 years for women ages 40-70 at the beginning of the trial.

The incidence of breast abnormalities is rising in every country of the world especially in developing countries such as India. This is because more and more women in India are beginning to work outside their homes which allow the various risk factors of breast abnormalities to come into play. These include late age at first childbirth, fewer children and shorter duration of breast-feeding. In addition, early age at menarche and late age at menopause add to the risk to some extent.

The present study aimed at assessing the level of knowledge and the effectiveness of planned teaching program among post natal mother on BSE. It is a patient-centred, inexpensive and noninvasive method of screening for breast abnormalities. Based on increased incidence of breast abnormalities and unawareness of BSE among post natal mother, researcher felt a need to provide awareness of BSE among post natal mothers and can reduce the incidence and prevalence of breast abnormalities in future.

## **II. OBJECTIVES OF THE STUDY**

1. To assess the level of knowledge of BSE among post natal women in obs ward.
2. To evaluate the effectiveness of PTP among post natal women regarding BSE
3. To determine the association of pretest knowledge related to BSE among postnatal women with selected Demographic characteristics.

## **III. METHODOLOGY**

### **3.1 Data Collection Procedure**

- A formal administrative permission was obtained.
- Consent was taken from the participants for participating in the study
- Samples were selected using simple random sampling.
- Level of knowledge (pretest) was assessed using questionnaires.
- Planned teaching programme was provided.
- Reassessed the knowledge and using the checklist after 1 week (post test)

### **3.2 Setting for the Study**

The present study is conducted in obstetric ward, SRMS hospital, Bareilly.

### **3.3 Sample and Sampling Technique**

Sampling is the process of selecting a portion of population to represent the entire population of the study. purposive sampling is adopted for the study. Here the samples are collected by choice not by chance, through a judgment made by the researcher based on his or her knowledge about the population.

### **3.4 Sample Size** The sample for the present study consisted of 50 post natal who meet the inclusion criteria as follows:

- in the age group 20-40years
- willing to participate in the study
- are available at the time of data collection
- are able to understand English or Hindi

### **3.5 Description of Data Collection Instruments-**

It consist of 20 items for assessment of knowledge of post natal mothers regarding Breast Self Examination through multiple choice questionnaire. Interpretation of knowledge score was considered as follows:

<b>GRADE</b>	<b>SCORE</b>
Good	76-100 %
Average	36-75%
Poor	0-35%

### **3.6 Plan for Data Analysis**

The collected data were planned to be analyzed and tabulated by using descriptive and inferential statistics. As per the advice of experts data analysis is done by following process-

- Organizing the overall data in master sheet.
- Knowledge and practice to be assessed by descriptive statistics.
- Tables and figures will depict the findings.

### 3.7 Ethical Consideration

Due permission from authorities were sought out and obtained. Informed written consent was taken from the post natal mothers. Confidentiality was ensured.

## IV. RESULTS & DISCUSSION

The aim of the study was to assess the effectiveness of planned teaching programmed on regarding breast self examination among post natal mothers in obstetrics ward of SRMS hospital using knowledge questionnaires . Data collection and analysis were carried out based on the objectives of the study.

### 4.1 Major Findings of the Study

#### A. Sample Characteristics

1. The study revealed majority of the majority of the mothers(70%) were in the age group of 20-30 years and 23.30% mothers were in the age group of 30-40 years ,and only 6.70% mothers were less than 20 years.
2. Nearly half of mothers (46.60%) had primary education,and mothers who had higher secondary, graduation and above were only 6.70% each.
3. Religion shows that 80% of subjects belong to hindu ,16.7%were muslim,3.5%were cristian

Knowledge	PRE-TEST		POST-TEST	
	F	%	F	%
Good- >75%, score-16-20	0	0	38	76
Avg-51-75%, score-11-15	2	4	12	24
Poor-50% score-10	48	96	0	0

Data presented in the above table indicates the pre-test and post –test knowledge scores of post natal mother. In the pre-test majority 96% had poor scores and 4% had average scores, whereas in the post-test majority 76% had good scores and 24% average scores.

AREA	RANGE	MEAN	SD
PRE-TEST	12-2	2.5	17.45
POST-TEST	20-12	17	1.931

Maximum score=20

Data presented in the above table shows that post test knowledge score ranged between 20-12, which is higher than their pre-test knowledge scores 12-2.

The mean post-test knowledge scores ( $17 \pm 1.931$ ) was apparently higher than the mean pre-test knowledge scores ( $2.5 \pm 17.452$ ).

## V. CONCLUSION

Beast self examination may give a greater awareness of the condition of breasts. Breast exams may help identify potential breast problems. Breast exams, thought to be highly essential for early breast abnormal detection. The findings and conclusion of the study suggested the following recommendations:

- The study can be replicated on large samples in different setting to have a wider generalization of finding.
- A similar study can be conducted among the staff nurses and the nursing students .
- A replica study can be conducted using other strategies and providing an information booklet.

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