

VIDEO ASSISTED TEACHING MODULE REGARDING BREAST SELF EXAMINATION IN TERMS OF KNOWLEDGE AMONG ANM STUDENTS.

Gyanendri T.,

Student State College of Nursing, Dehradun, Uttarakhand.



Abstract

A pre-experimental research study was conducted to assess the effectiveness of video assisted teaching module on knowledge regarding Breast Self Examination (BSE) among girls in a selected school of nursing, Dehradun, Uttarakhand. A Structured Knowledge Questionnaire was prepared and used to collect the data and to assess the knowledge among ANM students regarding BSE. Descriptive and inferential statistics were used for data analysis. Findings revealed that the pre-test knowledge score of ANM 1st year students' shows majority (67.1%) had average knowledge, while 25.7% had below average knowledge and 7.1% had above average knowledge. The knowledge score of ANM 1st year students in post-test shows majority (95.8%) acquired above average knowledge while, 4.2 % had average knowledge and none of them had below average knowledge. The calculated value of paired t-test is 25.84 which is greater than the tabulated value of paired t-test with 69 degree of freedom i.e.2. It shows that the video assisted teaching module was effective as there is a highly significant increase in the post-test knowledge scores than the pre-test knowledge scores among ANM 1st year students on BSE. The demographic variables have statistically significant association with the age and marital status regarding BSE.

Key words: Breast self examination, auxiliary nurse midwives, video assisted teaching module.

Introduction

The concept of breast self-examination (BSE) was promoted in the 1950s by Cushman Haagensen. Haagensen hoped that encouraging breast self-examination would help catch tumors earlier when

they were still treatable, and when amenable to surgical excision without the need for the more disfiguring operation of mastectomy.

Cancer is a non-communicable disease, which is becoming increasingly important worldwide. It is a disease characterized by an abnormal growth of cells with the ability to invade adjacent tissues and even metastasize to distant organs, resulting in morbidity and eventually leading to the death of the individual if not detected and managed early.

Cancer results from a series of molecular events that fundamentally alter the normal properties of cells. In cancer cells the normal control systems that prevent cell overgrowth and the invasion of other tissues are disabled. As these cells grow they develop new characteristics, including changes in cell structure, decreased cell adhesion, and production of new enzymes. These heritable changes allow the cell and its progeny to divide and grow, even in the presence of normal cells that typically inhibit the growth of nearby cells. Such changes allow the cancer cells to spread and invade other tissues. The abnormalities in cancer cells usually result from mutations in protein-encoding genes that regulate cell division. Over time more genes become mutated.

Age is an important factor in the development of breast cancer. Breast cancer tends to occur in women after the age of 20 years, leveling up to a plateau at the age of 45–55 years and thereafter increasing to a peak at 50–60 years.

BSE is different than simply touching one's breasts during daily activities such as showering, dressing, or sex. Some physicians encourage women

to touch their breast often so that they know what their breasts normally feel like and can identify when unusual changes occur, but this is also not BSE.

BSE is a method developed for the specific purpose of searching for cancer; a woman uses her hands to systematically inspect her breasts and the surrounding areas for unusual lumps and shape changes. Usually done on a regular basis, the same technique is used each time, ensuring that all areas of the breast are felt and examined thoroughly. The purpose is to screen for and detect breast cancer as early as possible.

Objectives

- To develop and validate Video Assisted Teaching Module (VATM) regarding BSE.
- To assess the level of knowledge among ANM 1 year students before and after administration of VATM regarding BSE.
- To evaluate the effectiveness of VATM regarding BSE among ANM 1st year students by comparing pre-test and post-test scores.
- To associate pre-test level of knowledge on BSE with the selected demographic variables.

Hypothesis

- **H1:** There is a significant difference between the pre and post-test level of knowledge scores among ANM 1st year students regarding BSE at 0.05 level of significance.
- **H2:** There is a statistically significant association between pre-test knowledge scores of ANM 1st year students with the selected demographic variables like age, marital status, health habits, food habits, living area, resource of information and family history of cancer at 0.05 level of significance.

Methodology

Research approach: Quantitative approach was considered as an appropriate research approach for the present study.

Research design: The research design used was pre-experimental research design (one group pretest-posttest research design).

Research setting: The study was conducted in State school of nursing which is one of the Government schools of nursing and Combined institute of medical sciences and research which is a private nursing institute, Dehradun.

Population: The population selected for the present study was ANM 1st year students from State school of nursing and Combined institute of medical sciences and research, Dehradun.

Target population: 70 ANM 1st year students of the 2 schools of nursing was target population.

Sample and sampling technique: Sample was ANM 1st year student and convenient sampling technique was adopted to select sample in the study.

Sample size: The sample size comprised of 70 ANM 1st year students.

Criteria for sample selection

Inclusion criteria

- ANM student.
- Student above the age of 18 year.
- Students who can understand Hindi language.

Exclusion criteria

- Who were not willing to participate in the study.
- Not present at the time of study.

Variables

Independent variable: Video Assisted Teaching module regarding BSE.

Dependent variable: Knowledge of BSE among ANM students.

Description of tool

Section A: The socio demographic data was prepared with 7 items to collect the personal information of the participants, obtaining information about selected background factors such

as age, marital status, health related behavior, food habits, residential area, source of information, and family history of cancer.

Section B: The Structured Knowledge Questionnaire was prepared with 27 questions to assess the knowledge on BSE among ANM students.

Section C: A 30 minutes video-assisted teaching was developed to teach ANM students

regarding BSE who were studying in State college of nursing and Combined institute of medical sciences and research, Dehradun.

Criterion Measures

Assessment of knowledge: There were total 27 items to assess the knowledge regarding BSE among ANM students. The maximum score was 27 and minimum 0.

| Level of knowledge | Score |
|--------------------|--------|
| Below average | <35% |
| Average | 35-60% |
| Above Average | >60% |

Content validity of tool: The present data collection tool, along with the problem statement, objectives, blueprint and criteria checklist designed for validation was submitted to 7 experts. The experts were requested to give their valuable opinions and suggestions regarding the relevancy, adequacy and appropriateness of items in the tool.

Reliability of tool: The tools were tried out on 7 ANM students from Sai College of nursing, Dehradun by administering knowledge questionnaire to assess their knowledge. The reliability of the tool was tested by test-retest method.

Data collection procedure: As the first step in the data collection procedure, the investigator had taken a formal permission from the Principal of Sai college of nursing. Informal permission was taken from the teaching staff for the data collection. The data was collected in the month of August. Samples were selected according to the laid down inclusion criteria. A written informed consent was taken separately from each student. All selected students were asked to answer the questions to assess the knowledge. A video assisted teaching was given to all selected students for 30 minutes. Posttest was conducted by using the same tool.

Ethical consideration: Permission for conducting the study was obtained from the concerned authority. Written informed consent was

obtained from all participants of the study. The participants were asked to maintain confidentiality of the data obtained and about the proceedings of the educational program.

Major findings of the study

- Major findings of the study revealed that according to age group 60% were in 18-23 years of age group. 64.3% were unmarried, 61.4% performs exercise as their routine health habits, 67.1% were living in rural areas, 41.4% were getting information through television and radio and 98.6% were not having any family history of cancer.
- Paired t-test was used to show the effectiveness of VATM on knowledge of ANM students.
- Chi square test was done to find out the association between pretest level of knowledge with their selected demographical variables and it was find out that age and marital status was significantly associated with posttest knowledge of ANM students.

References

- Nandakumar, A., Anantha, N., Venugopal, T., Sankaranarayanan, R., Thimmasetty, K., Dhar, M., (1995) Survival in breast

cancer: a population-based study in Bangalore, India. *Int J Cancer*. 60(5): 593-6.20.

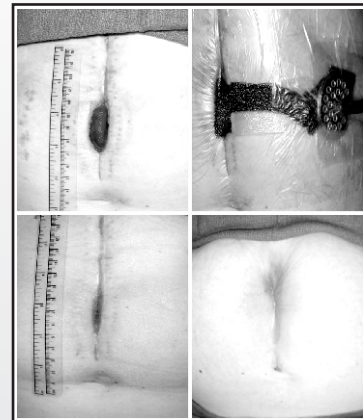
- Anantha, L., Satyavathi, D., Surendranathe, B. and Vani, M., (2014) Awareness and Practice of Breast Self Examination among Women in South India, Vol.3,(1)1: 391-394.
- Arun, R., Chellavel, G. K., Duraimurugan, M., Abirami, V., Elizabeth, R., (2015) Internet Addiction and Associated Factors: A Study among College Students in South

India. *Innovative Journal of Medical and Health Science*. 5(3): 121-25.

- Arundhati, B., Sarita, R., Nirdosh, K., Narayan, S., Abhishek, S., and Kailash, P., (2012) Cancer profile in Nainital and adjoining districts of Uttarakhand- A one year survey, *J Nat Sci Biol Med* :3 (2): 186-188.
- Chabner, B. A., AL Bural and Multani, P., (1998) Translational research: walking the bridge between idea and cure. *Cancer Research*, 58: 4211–4216.

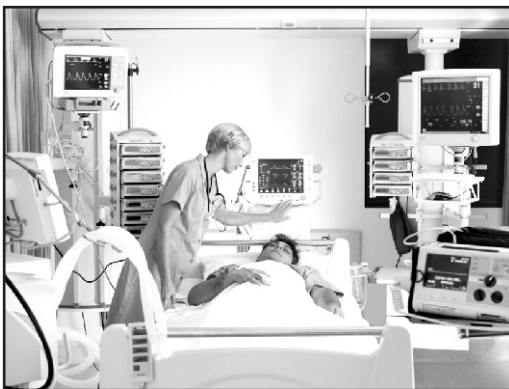
NEGATIVE-PRESSURE WOUND THERAPY REDUCES SURGICAL SITE INFECTIONS.

In a meta-analysis of 9 studies with 1266 patients published online September 26, 2018 in *JAMA Surgery*, the use of negative pressure wound therapy was associated with a significantly lower rate of surgical site infections in closed laparotomy incisions in general and colorectal surgery compared with standard non pressure dressings (12.4% vs 27.1%). But the rates of seroma and wound dehiscence were similar compared with conventional non pressure dressing.



(eMediNexus, 07 October 2018)

CORTICOSTEROIDS REDUCE MORTALITY IN PATIENTS WITH SEPSIS



A systematic review and meta-analysis of 37 randomized clinical trials that included 9564 patients with sepsis has concluded that administration of corticosteroid treatment in patients with sepsis is associated with significant improvement in health care outcomes and thus with reduced 28-day mortality. Corticosteroids were also significantly associated with increased shock reversal at day 7 and vasopressor-free days and with decreased intensive care unit length of stay, the Sequential Organ Failure Assessment score at day 7 and time to resolution of shock. The findings are

published online Dec. 21, 2018 in *JAMA Internal Medicine*.

(eMediNexus, 28 December 2018)