

# Knowledge, Awareness and Attitude about Breast Lump among Females Attending Mahatma Gandhi Ayurved Hospital

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## Abstract

**Background:** Breast lump is considered as carcinogenic unless it is tested and diagnosed as other than this. Today in India, it is one of the main causes of cancer deaths among women. Only early detection and early medical intervention could decrease its mortality rate. Knowledge and awareness of palpation of breast lumps and attitude to get diagnosed at earliest is extremely crucial. **Aims & Objectives:** Aim is to assess knowledge, awareness and attitude about breast lumps in women attending Hospital OPD. Objectives are to assess the existing knowledge and awareness and to study the attitude about breast lump examination for prevention & early diagnostic measures. **Methodology:** The proposed cross sectional observational study will be carried out in Mahatma Gandhi Ayurved Hospital, Salod (H), Wardha. The women visiting OPD will be randomly selected and with their consent will be interviewed personally by a structured and validated questioner. **Result:** Result will be interpreted on the basis of statistical analysed data. **Conclusion:** Conclusion will be drawn from the observations and analysis.

**Key words:** Breast lump, Breast self examination, Clinical Breast examination.

## Background and Rationale

In India, the diseases related to palpable mass in breast are the very common. These palpable lumps may include inflammatory conditions, may congenital or may be related to hormonal mastopathy, having traumatic history, benign and malignant neoplastic conditions. Breast lump is the most source of anxiety to a female when it is discovered. Annually, in an average 20,000 of cases of breast diseases are diagnosed.<sup>1</sup> A mass is cancerous until proven otherwise and have to manage by the usual management of a breast mass.

There has been an increase in the cases of breast cancer over the years and it continues to raise steadily<sup>2</sup>. Breast cancer related mortality is seen at an increasing rate. It is the fifth highest due to cancer. It is the most common cause of death among women suffering from cancer.<sup>3</sup> In India, interventions need to be done to guide and educate people about the risk factors, importance of screening and management of Breast lumps.

Awareness about the breast cancer and substantial support for the advancement in the diagnosis technology and treatment care for breast cancer is required. Day by day because of available management and early detection strategies the breast cancer survival rate is increased and death rate is going on declining. Benign breast diseases are more seen as compared to malignant and inflammatory<sup>4</sup>. In benign diseases fibro adenoma are more in frequency as found to be almost half of the case in population<sup>5</sup>. Mammography is the diagnostic tool in early stages before the lump can be felt. It is effective technique to diagnose breast cancer in early stages but

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not 100 percent in all the time. The reason behind it as there the changes and symptoms might or might not occur. That is why regular screening is so important<sup>6</sup>.

45% of all cancer in females is breast cancer<sup>6</sup>. Breast cancer is very rare in younger group age & it is very aggressive in this category. Survival rate is very low in this category<sup>7</sup>. A survey study at an international level in 23 countries showed that the awareness in younger age is very low as compare to older women<sup>8</sup>. This emphasizes the importance of promoting awareness among young women about not only breast cancer but any palpable mass in breast and strategies available for its screening are very much essential. Early detection plays a pivotal role in the prevention of breast cancer. The techniques which are recommended for precautions to reduce breast cancer and ultimately morbidity and mortality include easily available method as breast self-examination (BSE), Clinical breast-examination (CSE) and mammography.<sup>9</sup> It is need to promote awareness in society not only about breast cancer but any palpable mass find in breast and different techniques available for its screening. Early detection is one good way to prevent breast cancer. WHO has recommended clinical breast examination for the women who are attending the primary health centres for other health problems. There is an urgent need of intervention as to explore the need & way of different ways to detect breast cancer at earliest. So that incidence & mortality can be prevented.

Objective of the study.

1. To assess the level of knowledge and awareness of breast lumps and its early detection strategies in females.
2. To determine the attitude of females towards screening.

### **Material and Methods**

**Study design** – It will be a Cross sectional observational study. The sample selection will be randomized. A structured and validated questioner will be prepared to assess knowledge and attitude about Breast lumps among women attending OPD of Mahatma Gandhi Hospital will be interviewed personally. Questionnaire administered by an interviewer will be used to survey socio demographic factors, knowledge, attitude and awareness regarding any palpable mass of

breast. Before interviewing the verbal consent of the subject will be taken.

**Study place:** Study conducted in Mahatma Gandhi Ayurved Hospital, Salod (H), Wardha, which is NABH accredited learning Institute under the ambit of Datta Meghe Institute of Medical Sciences University, Wardha, Maharashtra.

**Study Population:** All the females above age of 14 years attending the hospital were interviewed.

### **Methodology**

The Participants will be explained about the nature and purpose of study. Consent will be obtained from the participants prior to their recruitment in the study. A self-structured questionnaire will be prepared and validated by the subject expert. All the subjects will be personally interviewed on the basis of questionnaire. The study will be conducted from October 2019 to November 2019. In this period, the females above the age of 14 years attending the hospital in the OPD hours 10 am to 1 pm will be interviewed. The non-probability convenient sampling method will be used to collect data. Their data will be collected and analysed statistically.

### **Inclusion Criteria**

Females above the age of 14 years who are willing to give their consent will be selected for study.

### **Exclusion Criteria**

Pregnant and lactating women will be excluded from the study.

### **Recruitment**

Women willing to participate in this study will be provided details regarding the study by verbal explanation. Those who will agree will be provided information and the questionnaire.

Recruited participant must include in eligibility criteria.

### **Ethical Consideration**

The approval of research protocol has been obtained from Institutional Ethical Committee, MGACH & RC, Salod(H), Wardha with letter no. DMIMS (DU)/IEC/

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### Expected Results

Promoting awareness in women regarding breast lumps and other various health issues will be the main focus. Even though many more programmes are taking care of these issues at government level, this study will focus on the level of knowledge, awareness & attitude about breast lump among women. Result will be interpreted on the basis of statistical analysis.

### Discussion

Education that may be formal or informal way plays an important role in this condition. It helps to understand health related issues. The knowledge about importance of Self Breast Examination, Clinical Breast Examination & mammography will help the society a lot. Discussion will be derived on all these parameters.

**Strengths and Limitations** - Strength of the study is that this assessment and then planning of intervention is at rural hospital area. This will provide a big advantage to the community.

**Conflict of Interest:** Nil

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