

Effectiveness of Video Assisted Teaching Module Regarding Knowledge of Breast Self-Examination among Girls

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Abstract

Breast cancer is the most common cause of death among women worldwide. Breast self-exam (BSE) is considered an important public health procedure; primary prevention should be given the highest priority in the fight against cancer. Pre-experimental one group pre-test post-test research design was adopted. The knowledge score of ANM 1st year Students in post-test shows majority i.e., 95.8 percent acquired above average knowledge while, 4.2 percent had average knowledge and none of them had below average knowledge. The calculated value of paired t-test is 25.846 is greater than the tabulated value of paired t-test with 69 degree of freedom i.e.2. It shows that the VATM was effective.

Key word: Breast self exam, Video-assisted teaching module, effectiveness, Knowledge

Introduction

The concept of breast self-examination (BSE) was promoted in the 1950s by Cushman Haagensen, a breast surgeon from the United States of America (USA) at the time when mammography was yet to be developed, and many women were diagnosed when the tumor had become large and inoperable. 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.^[1] Globally, about 10 million people are diagnosed with cancer and more than 6 million die of cancer every year^[2].

The incidence, morality and survival rate in different part of the world vary from 4 to 10 fold. Global cancer statistics indicate that breast cancer incidence is rising at a faster rate in populations of developing countries^[3].

A study was conducted by Saurabh Rambiharilal Shrivastava et. al in 2013 for early detection of breast cancer. After two month of self detection and diagnostic

test, 0.27% diagnosed as carcinoma of breast and 1.3% as fibroadenoma^[4].

Arundhati and Sarita conducted a survey in Nainital and adjoining districts of Uttarakhand resulted that breast cancer was most prevalent i.e. 22.29% after cervical cancer i.e. 14.86^[5].

Material and Method

The study was conducted in state nursing school and combined institute of medical sciences and research, Uttarakhand. The sample size is 70 ANM students and convenient sampling technique was adopted to select the study sample. The investigator collected data within stipulated time; a brief explanation was given explaining the purpose of the study with their consent so as to gain their co operation during the process of data collection. Using the structured questionnaire, [section –A demographic data of student were collected and section-B structured knowledge questionnaire was used to assess the knowledge related to breast self examination. Pretest and post test method was used and posttest was done after 7 days of intervention. The findings were analyzed using the descriptive and inferential statistics.

Findings

Finding related to effectiveness of video assisted

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teaching module on knowledge regarding breast self examination among ANM students.

Table 1: Finding on knowledge score of ANM students regarding BSE

Knowledge score (%)	Pre-test		Post-test	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Below average (<35%)	18	25.7	0	0
Average (35-60%)	47	67.1	03	4.2
Above average (>60%)	5	7.1	67	95.8

The above data indicates that 25.7 percentages had below average and 67.1 percentages had average knowledge. In post test majority 95.8 percentage acquired above average knowledge while 4.2 percentage had average knowledge.

Table 2: The mean and standard deviation of pre-test and post-test knowledge score among ANM students on BSE

Test	Minimum	Maximum	Mean	SD
Pre-test knowledge scores	6	18	12.43	2.867
Post-test knowledge scores	17	27	22.39	2.241

Difference between total pre-test and total post-test knowledge score

Mean	SD	t-Value	df	p-Value
9.957	3.223	25.846*	69	.001*

The above data indicates that pretest knowledge score is 12.43 with a standard deviation 2.863 has increased to 22.39 with standard deviation of 2.241. the calculated value of ‘t’ is 25.846 which is greater than tabulated value at the level of 0.05 with df of 6 i.e. 2 and ‘p’ value i.e. .001 is less than 0.05. it shows VATM was highly effective.

Discussion

This chapter deals with the discussion in accordance with the objectives of the study and hypothesis. The present study findings indicate that VATM is an effective method to teach BSE. In post test result 95.8 percent acquired above average knowledge while 4.2 percent had average knowledge and none of them had below average knowledge.

Conclusion

Globally breast cancer is a big health issue among women. BSE plays a major role in early detection and prevention or treatment of breast cancer. Video assisted teaching module regarding breast self examination to ANM 1st year student was found effective as their knowledge level were improved significantly. It is therefore recommended that measures should be taken to promote awareness about breast self examination and develop a thought of regular breast self examination.

Ethical Clearance: Formal permission was obtained from Ethical committee.

Source of Funding: Self

Conflict of Interest: Nil

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