

A Study to assess the Knowledge on Breast Cancer Risk Factors among Women Attending Selected OPDs at K.G Hospital, Coimbatore

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Abstract

Breast cancer is most common type of cancer found in women of developed countries. Early diagnosis of breast cancer is one of the best approaches to prevent this disease. A study was conducted to assess the knowledge on breast cancer risk factors among 50 women by using convenient sampling technique in selected hospital, Coimbatore.

The women knowledge of breast cancer was assessed by structured questionnaire method. The finding of the study revealed that 34% of women had poor knowledge, 36% of women had fair knowledge and 30% of women had good knowledge on breast cancer risk factors.

Keywords: Breast Cancer; Pathology; Convenient sampling technique; Descriptive statistics uncontrolled growth of breast cells.

INTRODUCTION

Breast cancer is the second most common cancer accounting for about 18% of all cancer and is the leading cause of cancer deaths in women worldwide with 11% are risk for getting breast cancer during their lifespan. Breast cancer is an

uncontrolled growth of breast cells. The term "Breast Cancer refers to a malignant tumor that has developed from cells in the breast.¹ Breast cancer occurs anywhere in the breast, but most are found in the upper outer quadrant, where most breast tissues is located. Usually breast cancer either begins in the cells of the lobules, which are milk producing glands or the ducts, the passage that drain milk from the lobules to the nipple. Less commonly, it begins in the stromal tissues, which include the fatty and fibrous connective tissues of the breast.²

Further reports showed that the majority of cases occurred in pre-menopausal women and mean age of occurrence ranged between 43-50 years across the region. Breast cancer occurs when a malignant tumor originates in the breast. As breast cancer tumors mature, they may metastasize to other parts of the body. The primary route of metastasis

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is the lymphatic system which, ironically enough, is also the body's primary system for producing and transporting white blood cells and other cancer fighting immune system cells throughout the body. Metastasized cancer cells that aren't destroyed by the lymphatic system's white blood cells move through the lymphatic vessels and settle in remote body location forming new tumors and perpetuating the disease process.³

It is fairly common, because of its well publicized nature, and potential for lethality, breast cancer is arguably the most frightening type of cancer diagnosis some one can receive. It is not just for a woman's disease, it is quiet possible for men to get breast cancer. Although it occurs less frequently in men than to women.⁴

The women are at a higher risk of developing the carcinoma with advancing age. Genetics play a major role as a causative factor, presence of certain genes and family history of the disease makes an individual susceptible to such developments. Over consumption of alcohol and smoking is also an addictive factor. Estrogen hormone is known to be the underlying cause of all types of breast carcinoma. Female who have received hormonal replacement therapy in life are more prone to breast cancer.

Secondly, with the increasing incidence of young women in other parts of the world adopting western life style has been observed that more young women are now being exposed to some of the modifiable breast cancer risk factors like the use of contraceptive pills, null parity, advancing age at first child birth, alcohol consumption, high fat diet, smoking, obesity and so forth. Some life style changes can help significantly reduce a woman's risk of developing breast cancer such as physical exercise, diet, limiting hormone therapy, having a healthy body weight, breast cancer screening and breast feeding. And treatments include, radiation therapy, surgery such as lumpectomy, mastectomy, sentinel node biopsy, auxiliary lymph node dissection, breast reconstruction surgery and chemotherapy.⁵

NEED FOR THE STUDY

In India, we are now witnessing more and more number of patients diagnosed with breast cancer to be in younger age group thirties and forties. Presently end of every 100 breast cancer patients, 4% are in 20 to 30 years age group, 10% are in 30 to 40 years, 28% are in 40 to 50 age group. So, almost

48% patients are below 50 An increasing number of patients are in 25 to 40 years. National Cancer Registry Programme, India, 2016.

It is considered to be the highly alarming health problem in Indian women and over the past two decades have attacked the Indian women population quite badly. The ICMR has found out that every year minimum 1,00,000 new breast cancer patients are diagnosed in India. India, 2010.

For more than 4 decades, cervical cancer was the major killer disease in India. But breast cancer which has been on a steady rise has overtaken cervical cancer as the most common and deadly killer disease of the new era. The 1 in 28 women in India was likely to develop breast cancer during her lifetime. A few decades back, breast cancer was seen only after fifty years of age and number of young women suffering from this disease is lesser. Almost 65-70 percent patients were above 50 years and only to 30-35 percent women were before 50 years. Presently, breast cancer is more common in the younger age group and 50 percent of all cases are in 25 to 50 years of age group. Times of India, 2015.

In urban area of India breast cancer is three times higher than in rural parts of the country. For every 2 women newly diagnosed with breast cancer one women dies of it in India. IARC has projected that India could see around 2,50,000 cases of breast cancer by 2015. The International Agency for Research on Cancer.

The researcher observed that breast cancer is one of the life threatening disease in women of all age groups. Research studies also showed knowledge on breast cancer risk actors was very necessary and it is the best way to prevent the occurrence of breast cancer. So the researcher decided to conduct a study to assess the knowledge on breast cancer risk factors among women.

Statement of the Problem

A Study to assess the Knowledge on Breast Cancer Risk Factors among Women Attending Selected OPDs at K.G hospital, coimbatore.

OBJECTIVES

- To assess the knowledge on breast cancer risk factors among women.
- To associate the findings with selected socio demographic variables.

Operational definition

Knowledge

It is the information and awareness acquired regarding the risk factors of breast cancer.

Risk factors

It is any attribute, characteristic or exposure of an women increases the likelihood of developing breast cancer.

Assumption of the study

Women of 30-54 years may not have adequate knowledge on risk factors of breast cancer.

Limitations

The study will be limited to the women who lie in the age group of 30-54 years.

The study will be limited to the women who are attending selected OPDS in K.G Hospital.

Setting of the study

The study was conducted in selected OPDS in K.G Hospital.

Variable

Variables are concepts at different level of abstraction that measurement or manipulation with in a study. In this study research variables such as age, religion, place of residency, type of family, marital status, source of information and types of family.

Population

Total population of women attending OPDs in KG Hospital are 450 and women attending Medical OP and attending Gynecology OP were chosen as target population. Women who met the inclusion criteria were consider as the accessible population.

Sampling size

Samples size for this study is 50 people.

Sample technique

The process of selecting sample from the target population to represent the entire population.

Convenient sampling technique was adopted for this study.

Criteria for sample selection

Inclusion criteria

- Women with age group of 30-54 years.
- Women who are willing to participate.
- Women who are able to comprehend Tamil and English.
- Women who are coming to Medical and Gynecology OP.

Exclusion criteria

- Women who are not cooperative.
- Women who are too sick.

Description of the Tool

A Structured questionnaire was used for the collection of data for the study.

Part 1

Socio-demographic variables consists of age, religion, place of residence, type of family, marital status source of information and family history of breast cancer.

Part 2

It consists of 10 standardized questions to assess knowledge of risk factors breast cancer among women.

Scoring

In this questionnaire each correct response carries '1' mark and '0' for wrong response.

Interpretation of scores

Level of Knowledge	Score
Poor knowledge	<7
Fair knowledge	8-10
Good knowledge	11-15

METHOD OF DATA COLLECTION

Data collection was done within a given period of one week. Permission was obtained from authoritative of KG Hospital institute of technology to collect data from the women. Good rapport was maintained and preliminary instruction was given to the selected population. The research prepared the room with adequate seating arrangements, lights and provided calm environment. The demographic variables were collected by using unstructured questionnaire. The women knowledge of breast cancer was assessed by structured questions.

FINDINGS OF THE STUDY

1. To assess the knowledge on breast cancer risk factors among women

The knowledge of women on breast cancer risk factors were assessed by using structured questionnaire

2. To associate the findings with selected socio demographic Variables

Table shows that the association of level of knowledge on breast cancer risk factors among women attending selected demographic variables such as age, religion, place of residence, type of family, marital status, source of information and family history of breast cancer. Association was found by using chi-square test. The result shows that there was no association between level of knowledge and demographic variables.

3. The distribution socio demographic variables of women in KG Hospital, Coimbatore

Regarding the age of women 9-18% of them were between 32-34 years, 16 32% of them were between 35-35 years, 4-8% of them were between 40-44 years, 12-24% of them were between 45-49 years and 9-18% of them were between 50-54 years. While considering religion of the women 33-66% of them were Hindu, 7-14% of them were Muslim, 9-18% of them Christian and 12% of them were others. While considering the place of residence of the women 28-56% of them were urban, 18-36% of them were Rural and 48% of them were Sub-urban. While considering Types of family 28-56% of them Nuclear family and 22-44% of them Joint family. While considering Marital status 45-90% of them married, 48% of them Unmarried and 12% of them Widow. While considering Source of information 38-76% of them media, 8-16% of them Friends & family members and 48% of them Neighborhood.

Table 1: Distribution between the level of knowledge of women on risk factors of breast cancer

Level of knowledge	Total members	Percentage of knowledge	Mean	SD
Poor knowledge	17	34%	8.9	2.617
Fair knowledge	18	36%		
Good knowledge	15	30%		

RESULTS AND DISCUSSION

The purpose of this study to assess the knowledge regarding breast cancer risk factors among women between 30-54 years. The result of the study was based on statistical analysis. The data was collected with structured questionnaire to assess the knowledge about breast cancer risk factors they were formulated according to the stated objectives.

CONCLUSION

The present study was conducted on assessing the level of knowledge about breast cancer risk factors among women attending in selected OPDs in K.G Hospital, Coimbatore. From the analysis and results it is concluded that selected population having moderate knowledge regarding breast cancer risk factors.

RECOMMENDATION

A large samples can be used to replicate the same study.

A study can be done to assess the effectiveness video assisted teaching programme on risk factors and life style modifications of breast cancer.

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