



A STUDY TO EXAMINE THE EFFICACY OF VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE REGARDING BREAST SELF EXAMINATION AMONG FEMALE NURSING STUDENTS IN BARGARH, ODISHA.

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Abstract

Women can begin performing breast self-examinations as early as their 20s. They do not serve as a replacement for routine clinical breast examinations or screening mammography in the detection of breast cancer. Women in their 20s and 30s should get a clinical breast exam at least once every three years, advises the American Cancer Society. One hundred female nursing students from Vikash Nursing College in Bargarh, Odisha, made up the sample for this study, which employed a quasi-experimental research design with a pre-experimental research design. Stratified random sampling technique was used for the sample selection. Descriptive statistics (frequency, percentage, mean, and standard Deviation) and inferential statistics (Chi-square, paired „t” test) were used to analyze the data and to test the hypotheses. Over all comparison of mean values between pre-test 8.35 and post-test 24.18 of knowledge regarding breast self-examination and „t” value 3.99 obtained was found to be significant at 0.05 level. This was concluded through video assisted teaching programme is effective in improving awareness regarding breast self-examination.

Introduction:

Women examine their breasts on their own. The lady is expected to examine and palpate her breasts at regular intervals, and if any anomalies are found, she should visit her physician. This is especially crucial if she continues to experience menstruation.

A breast self-exam is an early detection technique that looks for signs and symptoms of breast cancer by examining the breasts both physically and visually. Learning how your breasts typically feel and appear is the goal of a breast self-examination. Breast self-awareness, or knowing how your breasts should ordinarily feel and appear, will help you recognise any changes or anomalies in your breasts, including a new lump or skin changes. You should notify your healthcare professional as soon as you notice any changes to your breasts that you found during a breast self-examination.

The American Cancer Society views breast self-examinations, which can help diagnose breast cancer, as voluntary. Eighty percent of clinically diagnosed cases of breast cancer are discovered by the patient. A wealth of information and instruction on breast self-examination was made available by American national organisations, institutions, and commercial agencies. Websites and films for teaching breast self-examination have also been established by a few private health institutions and commercial non-health related organisations.

Need of Study:

In recent years emphasis has been placed on teaching adolescent girls to palpate their own breasts monthly. Early cancer of the breast is curable, and if every adolescent girls would take time to carefully examine her own breast at regular intervals, many benign and malignant tumour would be discovered easily and early. Nurses should become familiar

with the procedure of breast self-examination so that they may teach adolescent girls, patients, friends or members of their families.

Breast Self-Examination, in conjunction with routine physical examinations by a physician and mammography, is considered a valuable and crucial screening technique by the Breast Cancer Organisation. 53.8% of breast tumours were found after a standard physical examination, 37.7% were found by self-examination, and only 27% were discovered by mistake. Additionally, regular physical examinations or self-examinations may cut the death rate from breast cancer by 18.8% to 24.4%. - AMERICAN CANCER SOCIETY

OBJECTIVES OF THE STUDY

1. To assess the knowledge regarding breast self-examination, before and after video assisted teaching programme among female Nursing students
2. To educate & evaluate the effectiveness of video assisted teaching programme on knowledge regarding breast self-examination among female Nursing student
3. To find out the association between knowledge score among female nursing students & with their selected demographic variables such as age, religion, education of the mother, type of family, place of living and marital status

HYPOTHESIS

H1; There will be significant increase in knowledge regarding breast self-examination after Video assisted teaching programme among female nursing students.

H2; There will be significant association between knowledge score and with their Selected demographic variables such as age, religion, education of the mother, type of family, place of living and marital status.

RESEARCH SETTING

The Study was conducted among female nursing students studying at Vikash Nursing College Bargarh, Odisha.

SAMPLE SIZE

The proposed sample size is 100 female Nursing students studying at Vikash Nursing College Bargarh, Odisha.

CRITERIA FOR SAMPLE SELECTION

The sample for the study was selected based on the following criteria, Inclusion criteria:

- ⊖ Female Nursing students
- ⊖ Who are all present during data collection.

Exclusion criteria:

- ⊖ Students who are not willing to participate.
- ⊖ Who have underwent breast surgeries.
- ⊖ Who have been exposed to previous teaching programme about breast self-Examination.

ASSESSMENT OF PRE-TEST AND POST-TEST LEVEL OF KNOWLEDGE REGARDING BREAST SELF EXAMINATION

Table 1: Pre-test and post- tests level of knowledge regarding breast self-examination (n=100)

Level of Knowledge	Pre Test		Post Test	
	Frequency	Percentage	Frequency	Percentage
Inadequate knowledge	88	88%	0	0 %
Moderate knowledge	12	12%	21	21 %
Adequate knowledge	0	0 %	79	79 %

The data presented in Table 1 shows the frequency and percentage of pre-test and post-test level of knowledge regarding breast self-examination. Majority of female nursing students in pre-test majority 88 of them (88%) had inadequate knowledge, remaining 5 of them (5%) had moderate knowledge and none of them had adequate knowledge regarding Breast self-examination but in post-test majority 79 of them (79%) had adequate knowledge remaining 21 of them (21%) of them had moderate knowledge and none of them had inadequate knowledge regarding Breast self-examination.

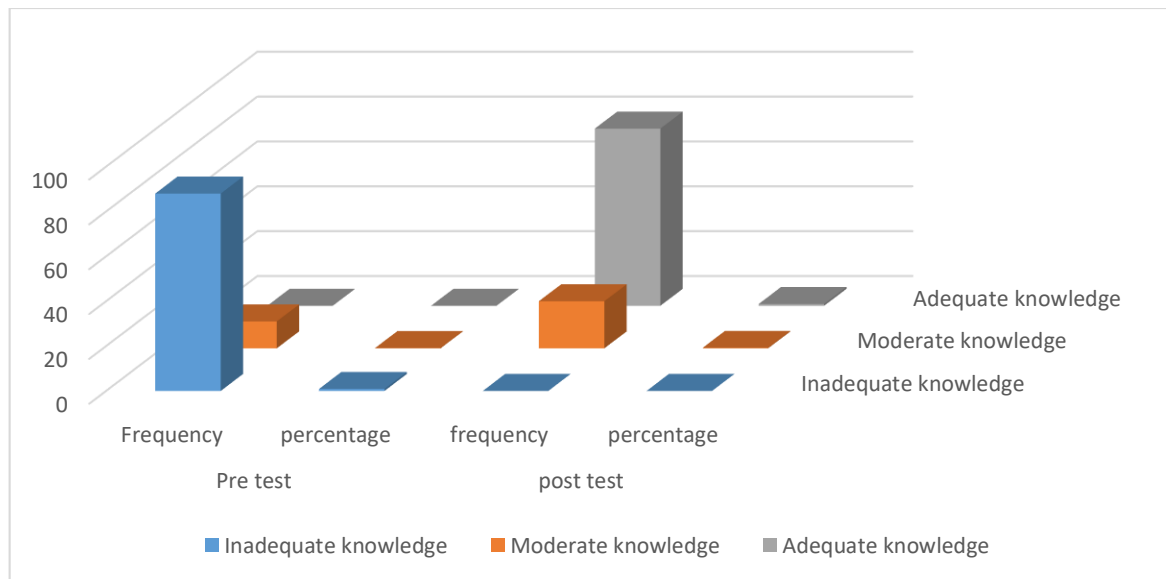


Figure.1: Assessment of Pre-test and post-tests level of knowledge regarding breast self-examination (n=100)

NURSING IMPLICATIONS

The findings of the study have implications related to nursing administration, nursing practice, nursing research and nursing education regarding the increase in level of knowledge regarding breast self-examination among female nursing students.

NURSING ADMINISTRATION

The nursing profession is always changing to provide higher-quality care, and evidence-based practice is essential. The current study demonstrated the efficacy of a video-assisted instruction system for teaching breast self-examination. The administrator can communicate these findings to the students and they can incorporate this in monthly practice of breast self-examination. She has the ability to inspire pupils to take part in an in-service education programme on self-examination of the breasts.

NURSING PRACTICE

Nurses in the health care setting should possess sound knowledge about breast self-examination for better clinical practice

NURSING RESEARCH

Research leads to practice. The standard of nursing care is raised by evidence-based practice. The goal of this study is to provide female students with better nursing care when it comes to breast self-examination. Research enhances the overall medical care. The nurse who provides care for students has the ability to instruct them and improve evidence-based practice, both of which will advance nursing research.

Conclusion

Based on the findings of the study following conclusions were drawn. Knowledge regarding Breast Self-Examination level of the students is low and it needs an intervention. Video Assisted Teaching significantly increases knowledge regarding Breast Self-Examination among School students. The study revealed that there was a significant relationship between pre-test knowledge and post-test knowledge. It indicates positive correlation between knowledge and attitude. The study revealed that there was a significant association between knowledge and Video

Assisted Teaching with selected demographic variables such as Age ,Religion, seminar regarding, source of information, Type of family, history of breast cancer, ever done BSE, menstrual cycle related Breast Self-Examination.

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