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A Quasi Experimental Study: Effectiveness of A Structured Teaching Programme On Breast Cancer Awareness and Practice On Breast Self-Examination Among House Keeping Staffs in A Private Medical College, Puducherry

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ABSTRACT

Background: Breast cancer is the most common malignancy of women worldwide. Educating the women about the risk of breast cancer and encouraging to perform Breast Self-Examination constitutes a first step towards early detection of breast cancer. **Objective:** 1) To assess the knowledge and Practice about Breast cancer before and after intervention. 2) To evaluate the effect of structured teaching program among housekeeping staffs. 3) To compare and analyze the effectiveness of intervention among housekeeping staffs. **Materials and methods:** A Quasi-experimental study was conducted among female housekeeping staffs (no-76) in a private medical college, Puducherry. They were divided as study and control group based on their shift basis. After pre-test, Structured teaching program was conducted only for the study group(n=38) which includes awareness, knowledge, practice of BSE, risk factors and preventive measures of breast cancer. Data was collected using the pre-tested and pre-designed questionnaire adopted from breast module of cancer awareness measure (b-CAM). The Study group participant's data was compared with the control group(n=38) data, at 1st week and 4th week after intervention. **Result:** The participants in the study group showed lack of awareness & practice on BSE during pre-test (20.5%). Also, the result of this study highlights the positive impact of the structured teaching program in post-test (83.8%) evaluation, which was statistically as well as clinically significant. **Conclusion:** This structured teaching program empowered them to create awareness among their family and their community about the importance of early detection of breast cancer.

Key word: Breast cancer, Breast self-examination practice, hospital staff, teaching program