Original Research Article

Prevention and Early Detection of Cervix Cancer

K. Thavamani[1]* and C. Susila[2]

[1]Billroth College of Nursing, Chennai, Tamilnadu, India
[2]Dr. MGR Medical University, Tamilnadu, India
*Corresponding author

A B S T R A C T

Keywords	The main objectives of this study were to assess the existing level of knowledge, and to determine the effectiveness of structured teaching programme on cancer cervix it is a Quasi experimental research with pre and post test design, 30 samples were selected through purposive sampling for this study .The questionnaire was distributed to the participants to assess the pre test level of knowledge, Followed by, the Structured teaching program was given to the participants for the duration of 20 to 30 minutes. The post test was conducted after 7 days by using the same tool. The study results showed that, the structured teaching programme was effective in increasing the knowledge at the level of $P<0.001$. The investigator requested the people to spread the knowledge gained about the prevention and early detection of cancer cervix to their friend and relatives.
Cervix cancer, Quasi experimental research, Human papilloma virus (HPV)	

Introduction

Cervix cancer is the second most common cancer in women worldwide and is most common cancer causing death in the developing countries. Sexually transmitted human papilloma virus (HPV) infection is the important cause for cervix intraepithelial neoplasia and invasive cervix cancer. The following statistics shows the prevalence of disease and need for the present study.

1. The world wide incidence of cervix cancer is approximately 510,000 new cases annually, with approximately 2, 88,000 deaths worldwide.

2. The incidence rises in 30-34 years of age and peaks at 55–65 years, with a median age of 38 years. Estimates suggest that, more than 80% of the sexually active women acquire genital human papilloma virus by 50 years of age. 3. Hence, the advent of a vaccine against human papilloma virus has provided at the age of 10 years. In 2004, cervix cancer was the 5th most common cause of cancer death among women in worldwide. Worldwide incident rate is 4,89,000 new cases in the year of 2010.An incidence rate (global) of 16per 100,000 women in 2010. Prevalence rate 1.41 million in 2010. 2, 68,000 deaths in the year of 2010 worldwide. Cervix cancer usually results from infection with human papilloma virus (HPV) transmitted during sexual inter course.

Cervix cancer may cause irregular bleeding, but symptoms may not occur until the cancer has enlarged or spread.

Papanicola (pap) tests can usually detect abnormalities which are then biopsied. Treatment usually involves surgery to remove the cancer affected part with surrounding tissue, if tumors are large radiation therapy and chemotherapy is provided.

In the United States, cervix cancer is the third most common gynecologic cancer among all women. The average age at diagnosis is about 50, but it can affect women as young as 20. From the above given statistical data it is visibly known that there is an global risk in women for cervical cancer. Hence the investigator selected this topic.

Statement of problem: A study to assess the effectiveness of structured teaching program on prevention and early detection of cervix cancer among women residing at ayanavaram health post, Chennai.

The main of objectives includes assessing the existing level of knowledge on prevention and early detection of the cancer cervix among women residing at Ayanavaram health post.

To assess the post test level of knowledge on prevention and early detection of cancer cervix among women residing at Ayanavaram health post.

To determine the effectiveness of structured teaching programme on the level of knowledge on cancer cervix. And also to associate the post level of knowledge on prevention and early detection of cancer cervix with their selected demographic variable.

Hypothesis

There will be a significant difference between pretest and post test level of knowledge on prevention and early detection of cervix cancer.

Materials and Method

Population; all women with cancer cervix

Sample and sampling technique: 30 samples were selected through purposive sampling. The study setting was Ayanavaram Health Post.

Tools: The semistructured Questionnarie was used for data collection. One group pre test and post test was used for the study.

Results and Discussion

The frequency and percentage distribution of demographic variables of women showed that, with respect to the age of women 1 (3.33%) were in the age group of 20–25 years 15(50%) women were in the age group of 26–30 years. 14(47%) women were in the age group of 31–40 years.

Related to religion of women 30(100%) women were Hindu. in regard to education of women 2(6.66%) were illiterate, 25(83%) were studied primary and secondary education, and 3(10%) were studied up to the degree.

In regarding to occupation of women, 4(13.3%) were self employment, 18(60%) were not working, 8(26.67%) were working women.

In accordance with monthly income of women 10(33.33%) were getting monthly Rs. 3000/-, 12(40%) were getting monthly 3000–5000, and 8(26.67%) were getting 5,000 and above.

In pretest 28 (93.3%) women had inadequate knowledge 2(6.7%) women had moderately adequate knowledge and 0(0%) had adequate knowledge.

The frequency and percentage distribution of post test level of knowledge of prevention and early detection of cancer cervix among women. In post test level of knowledge 0(0%) women had inadequate knowledge 20(67%) women had moderately adequate knowledge, 10(33%) women had adequate knowledge.

The comparison of pretest and post test level of knowledge, the pre test mean score 4.6 with standard deviation of 2.457 and the post test mean score was 14 with standard deviation of 2.624. The 't' value was which showed highly significant at P<0.05 level.

The analysis revealed that, the post test level of knowledge is higher than the pretest level of knowledge

Association between the level of knowledge of prevention and early detection of cancer cervix among women with their demographic variables, showed no association except with previous information gained,

This study was to assess the effectiveness of the structured teaching programme on prevention and early detection of cervix cancer among women in Ayanavaram health post, Chennai.

The hypothesis formulated was, there will be significant relationship between the levels of knowledge and structured teaching programme on prevention and early detection of cervix cancer. The reviewed Literatures include the related studies which provided the strong foundation for the study including the basis for conceptual frame work and information for the tool.

The research design used in this study was quasi experimental research design pre test and post test design. It was carried out with 30 samples whomever, fulfilled the inclusive criteria, non probability purposive sampling technique was used to select the samples among target population.

The tool was distributed to the participants to assess the pre test level of knowledge. Structured teaching program was given to the participants for the duration of 20 to 30 minutes. The post test was conducted after 7 days by using the same tool.

The frequency and percentage distribution of demographic variables of women (Table 1) with respect to the age, 1(3.33%) was in the age group of 20–25 years 15(50%) women were in the age group of 26–30 years and 14(47%) women were in the age group of 31–40 years.

Related to religion, 2(6.66%) women were illiterate, 25(83%) women were with primary and secondary education and 3(10%) of them were with degree courses.

In regarding to occupation, 4(13.3%) women were self employees, 18(60%) women were not working and 8(26.67%) were working.

In accordance with monthly income, 10(33.33%) women were getting monthly Rs.3000, 12(40%) women were getting Rs.3000–5000 and 8(26.67%) women were getting 5000 above.

The first objective of the study was, to assess the pretest level of knowledge among women on prevention and early detection of cervix cancer. In pretest 28(93.3%) women had inadequate knowledge, 2(6.7%) women had moderately adequate knowledge and 0(0%) had adequate knowledge (Table 2).

Table 1 Frequency distribution of pretest and post test level of knowledge on prevention and early detection of cancer cervix   n=30

	Pretest		Post test		
Level of knowledge	Frequency	percentage	Level of knowledge	frequency	Percentage
Inadequate knowledge	28	93.3%	Inadequate knowledge	0	0%
Moderate knowledge	2	6.7%	Moderate knowledge	20	67%
adequate knowledge	0	0%	Adequate knowledge	10	33%

Table.2 Comparison of means and standard deviation between pretest and post test level of knowledge on prevention and early detection of cancer cervix.   N=30

Level of knowledge	Mean	Standard deviation	Paired 't' value
Pretest	4.6	2.457	
Post test	14	2.624	1.697

The second objective was "to assess the post test level of knowledge among women regarding prevention and early detection of cancer cervix.

The frequency and percentage distribution of post test level of knowledge, 0(0%) women had inadequate knowledge, 20(67%) women had moderately adequate knowledge and 10(33%) women had adequate knowledge (Table 3).

The third objective of the study was to determine the effectiveness of structured teaching program of cancer cervix among women. The comparison between pretest and post test level of knowledge showed that, the pre test mean score 4.6 with standard deviation of 2.457 and the post test mean score was 14 with standard deviation of 2.624.

The calculated' value was 1.697, which showed highly significant at $P<0.05$ level.

This indicated the structured teaching program was effective.

The study concluded that structured teaching program was effective by improving their knowledge regarding cervix cancer among women. Hence the hypothesis of the study was accepted.

The study was very interesting the people were very co- operative and were eagerly asking many questions and then the researchers also cleared their doubts. We would like to thank all the participants of this study. We insisted the people to spread the knowledge gained about the prevention and early detection of cancer cervix to their friend and relatives, which make create awareness among people to prevent the cervix cancer in future. Researcher felt proud that we have contributed to some extent to reduce the occurrence of cervix cancer.

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