

# **DISSERTATION REPORT - 2023**

## **ASSESSMENT OF KNOWLEDGE, ATTITUDE AND PRACTICE (KAP) AMONG FEMALE NURSES REGARDING BREAST CANCER AND ITS SCREENING METHODS AT CIMS-KARKINOS CANCER CARE UNIT, BHOPAL**

**PREPARED BY –**

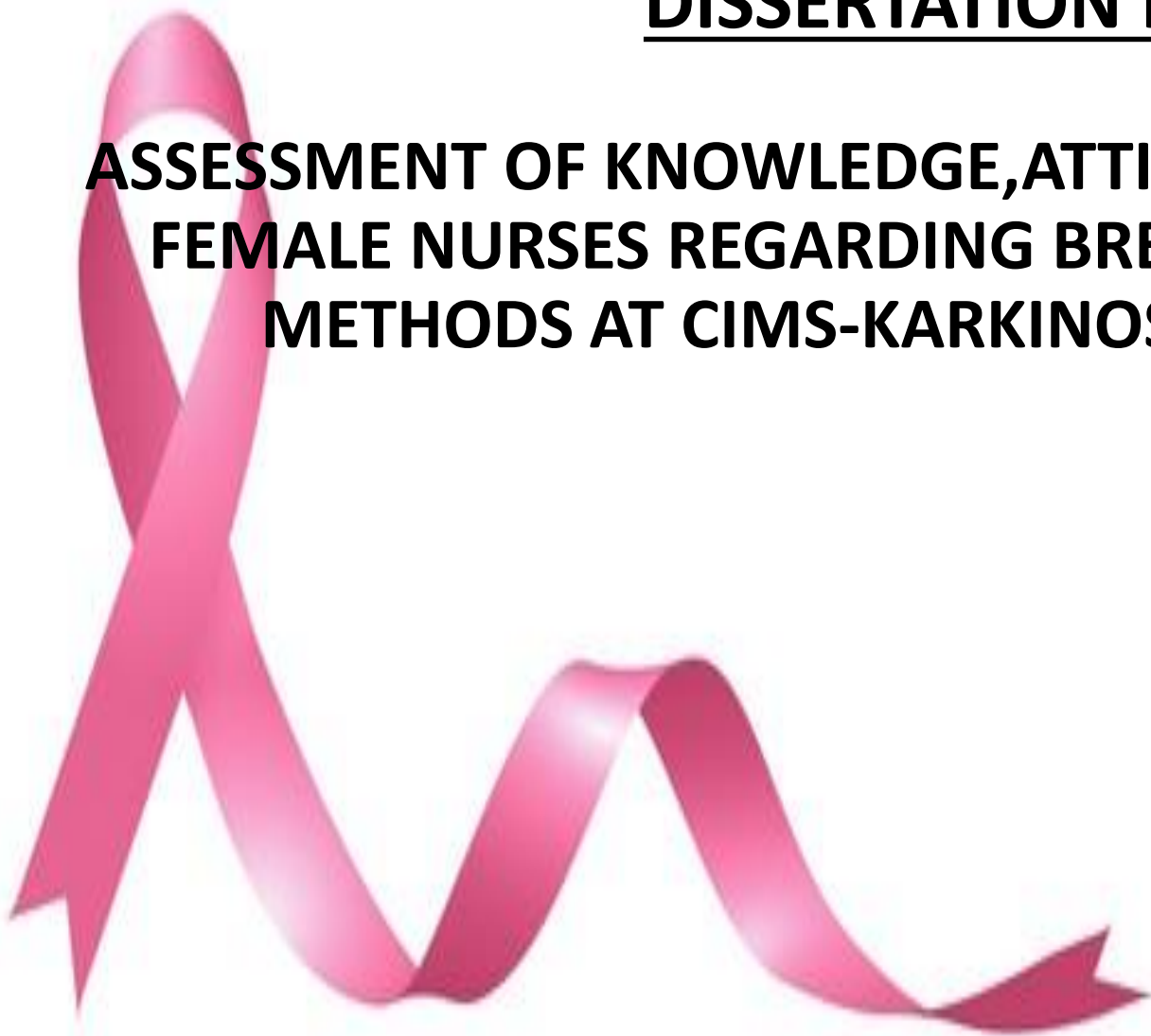
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# INTRODUCTION

- Breast cancer is a significant global health concern, affecting millions of women worldwide.
- Early detection through screening is crucial for improving treatment outcomes and reducing mortality rates.
- Nurses play a vital role in breast cancer screening and prevention as frontline healthcare providers.
- Limited research exists on nurses' knowledge, attitudes, and practices regarding breast cancer screening.





- Identifying knowledge gaps and barriers can guide tailored educational programs and interventions.- Nurses' knowledge and support can influence patients' perceptions and decisions about screening
- Improved knowledge, attitudes, and practices among nurses can lead to increased screening rates and earlier detection.
- Enhanced confidence and competence in nurses can improve patient satisfaction and quality of care.- Nurses can become advocates for breast cancer prevention, raising awareness and promoting health-seeking behaviors.
- Enhancing nurses' breast cancer knowledge can contribute to their job satisfaction and professional development

## AIM

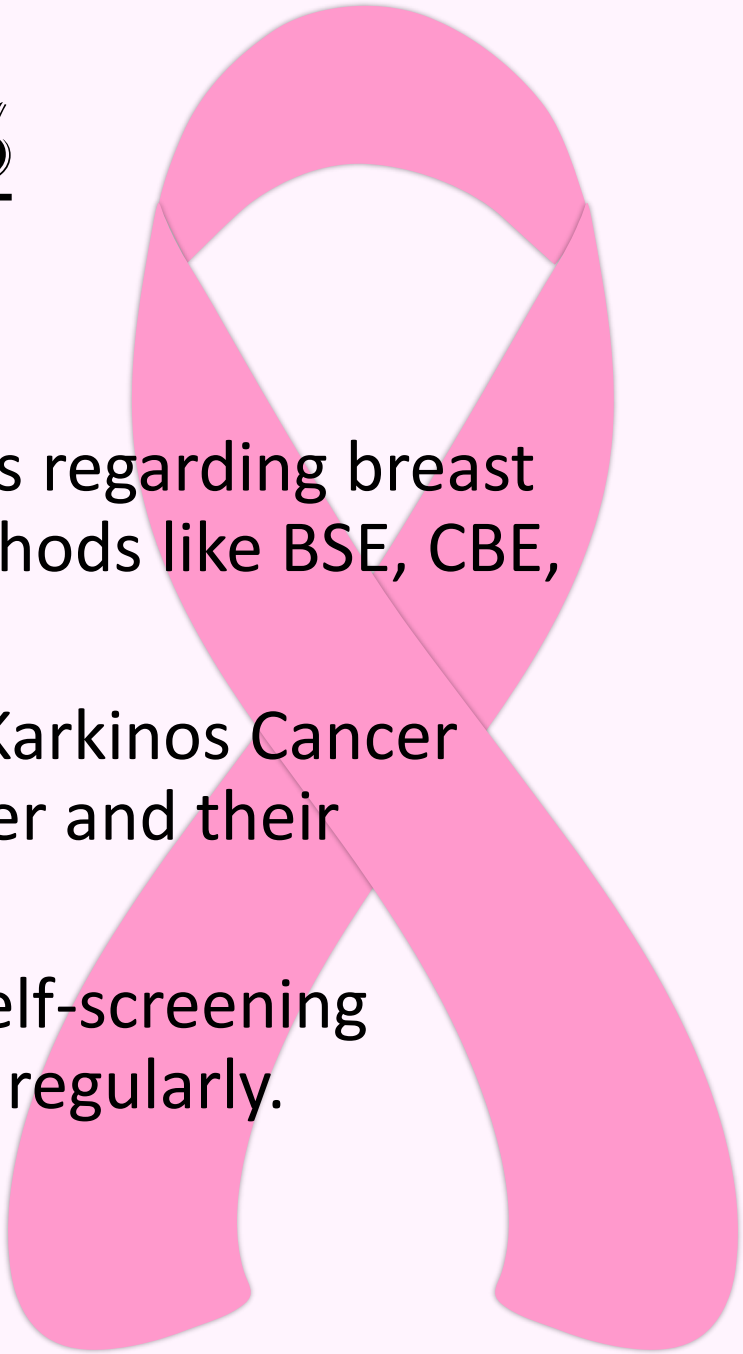
The aim of this study is to assess the knowledge, attitudes, and practices of breast cancer and its screening methods (BSE, CBE, and mammography) among nurses at CIMS - Karkinos Cancer Care Unit in Bhopal.





# STUDY OBJECTIVES

The objectives of the study are as follows:

1. To determine the level of knowledge among nurses regarding breast cancer, its risk factors, symptoms, and screening methods like BSE, CBE, and mammography.
  2. To explore the attitudes of nursing staff at CIMS - Karkinos Cancer Care Unit towards screening methods of breast cancer and their perceived importance in early detection.
  3. To assess the percentage of nurses who practice self-screening modalities (BSE) or undergo CBE and mammography regularly.
- 



# METHODOLOGY



## PROBLEM STATEMENT

Lack of awareness related to breast cancer and its screening methods among nurses within hospital settings can impede the provision of effective healthcare services and optimal patient outcomes. Identifying knowledge gaps, misconceptions, and barriers is vital to tailor educational interventions.

## RESEARCH QUESTIONS

- What is the level of knowledge among nurses regarding breast cancer, its risk factors, symptoms, and screening methods like BSE, CBE, and mammography?
- What are the perception/attitudes of nursing staff at the hospital towards breast cancer and screening methods of breast cancer and its importance in early detection?
- What percentage of nurses actually practice self-screening modalities (BSE) or CBE and mammography?



# METHODOLOGY



|                           |                                                                                                                                                                                                                                                                                                                                                                                                     |
|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>STUDY TYPE</b>         | Descriptive cross – sectional study                                                                                                                                                                                                                                                                                                                                                                 |
| <b>STUDY SETTING</b>      | CIMS – Karkinos Cancer Centre Unit, Bhopal                                                                                                                                                                                                                                                                                                                                                          |
| <b>STUDY POPULATION</b>   | Female nurses working at CIMS Hospital                                                                                                                                                                                                                                                                                                                                                              |
| <b>SAMPLE SIZE</b>        | 34 female nurse out of 39 nurses                                                                                                                                                                                                                                                                                                                                                                    |
| <b>INCLUSION CRITERIA</b> | All Female nurses working at CIMS-Karkinos Cancer Center                                                                                                                                                                                                                                                                                                                                            |
| <b>EXCLUSION CRITERIA</b> | Male nurses were excluded from the study                                                                                                                                                                                                                                                                                                                                                            |
| <b>SAMPLING TECHNIQUE</b> | Convenience sampling technique                                                                                                                                                                                                                                                                                                                                                                      |
| <b>STUDY TOOL</b>         | Self-administered questionnaire consisting of four sections: (Total – 38) <ul style="list-style-type: none"><li>• Demographic details of nurses</li><li>• Knowledge on breast cancer and its screening methods (BSE, CBE, and mammography)</li><li>• Perception/Attitude towards Breast cancer and screening methods.</li><li>• Practice of Screening methods (BSE, CBE, and mammography)</li></ul> |
| <b>DATA ANALYSIS TOOL</b> | MS Excel                                                                                                                                                                                                                                                                                                                                                                                            |

# RESULTS

- 34 Nurses were included in data analysis
- Majority (47%) belonged to the age group of 26-30 years, indicating a relatively younger workforce.
- **Participants' age distribution** - younger nurses
- **Range of educational qualifications** - majority with Bachelor's degrees
- **Variation in professional experience** - mix of early-career nurses

| Participant's demographic characteristics (n=34) |                       |            |
|--------------------------------------------------|-----------------------|------------|
| Demographic characteristics                      | Number of respondents | Percentage |
| <b>Participant's Age(Years)</b>                  |                       |            |
| 21-25 years                                      | 11                    | 32.35%     |
| 26-30 years                                      | 16                    | 47.06%     |
| >30 years                                        | 7                     | 20.59%     |
| <b>Education</b>                                 |                       |            |
| Diploma                                          | 7                     | 20.59%     |
| Graduate                                         | 23                    | 67.65%     |
| Post- graduate                                   | 4                     | 11.76%     |
| <b>Years of Working Experience</b>               |                       |            |
| <1                                               | 7                     | 20.59%     |
| 1 to <3                                          | 10                    | 29.41%     |
| 3 to <5                                          | 9                     | 26.47%     |
| 5 to <10                                         | 4                     | 11.76%     |
| ≥ 10                                             | 4                     | 11.76%     |

# KNOWLEDGE OF BREAST CANCER AND ITS SCREENING METHODS



- The knowledge score range from 0 to 36. Knowledge level of nurses -suboptimal with 41.6% getting an average total score.
- The mean score was 23.2 (64.4%) and hence lies in “average knowledge” category.
- Out of 34, 16 Nurses (47.06%) have “Good knowledge” regarding breast cancer but 18 nurses (52.94%) have average knowledge regarding screening methods.

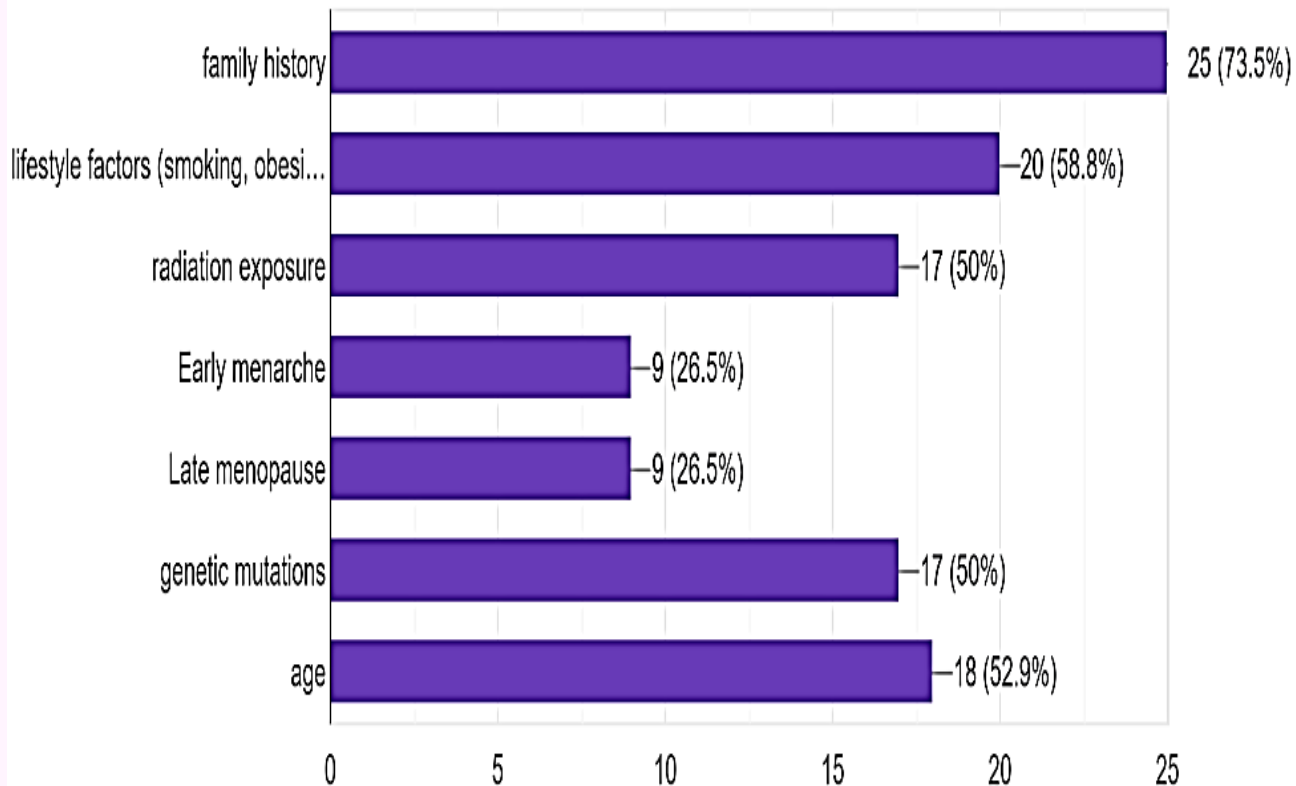
| Knowledge of Breast Cancer and its screening methods among Nurses (n = 34) |                             |                          |                             |
|----------------------------------------------------------------------------|-----------------------------|--------------------------|-----------------------------|
| Parameter                                                                  | Average knowledge ( 40-60%) | Good knowledge (60 -80%) | Excellent knowledge (>80 %) |
| <b>1.Total Knowledge Score</b>                                             |                             |                          |                             |
| Frequency                                                                  | 15                          | 13                       | 6                           |
| Percentage                                                                 | 41.67%                      | 36.11%                   | 16.67%                      |
| <b>2. Total knowledge of Breast Cancer</b>                                 |                             |                          |                             |
| Frequency                                                                  | 8                           | 16                       | 10                          |
| Percentage                                                                 | 23.53%                      | 47.06%                   | 29.41%                      |
| <b>3.Total Knowledge Score of Breast Cancer Screening Methods</b>          |                             |                          |                             |
| Frequency                                                                  | 18                          | 9                        | 7                           |
| Percentage                                                                 | 52.94%                      | 26.47%                   | 20.59%                      |

# KNOWLEDGE OF BREAST CANCER AND ITS SCREENING METHODS



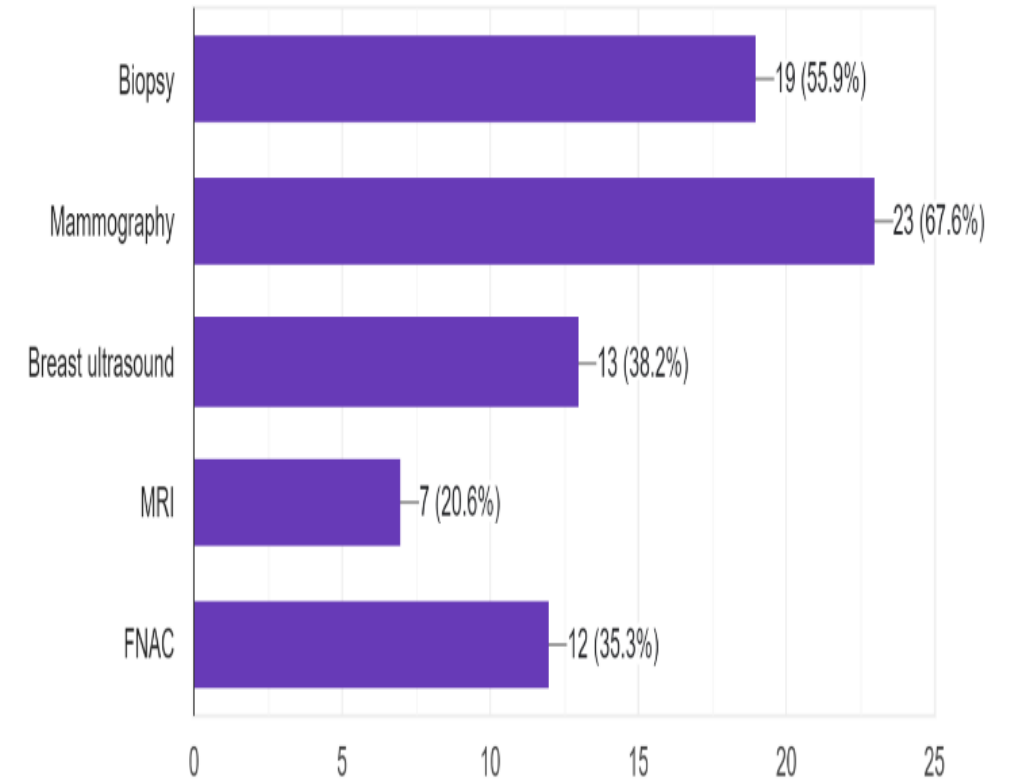
## 1. Risk factors associated with breast cancer

34 responses



## 2. Diagnostic methods for breast cancer

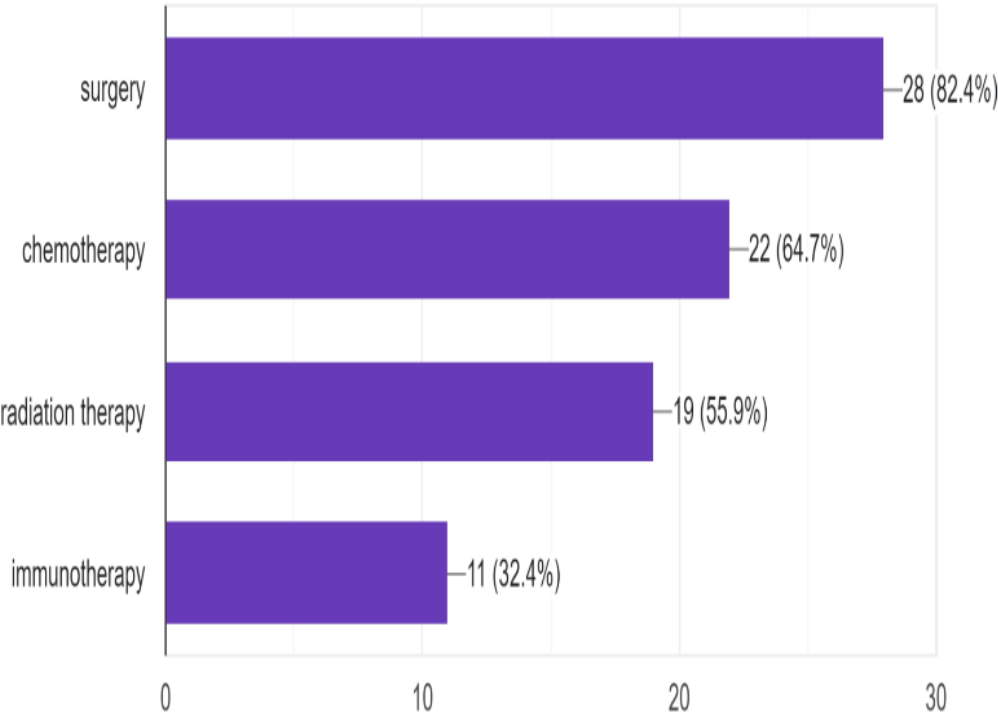
34 responses



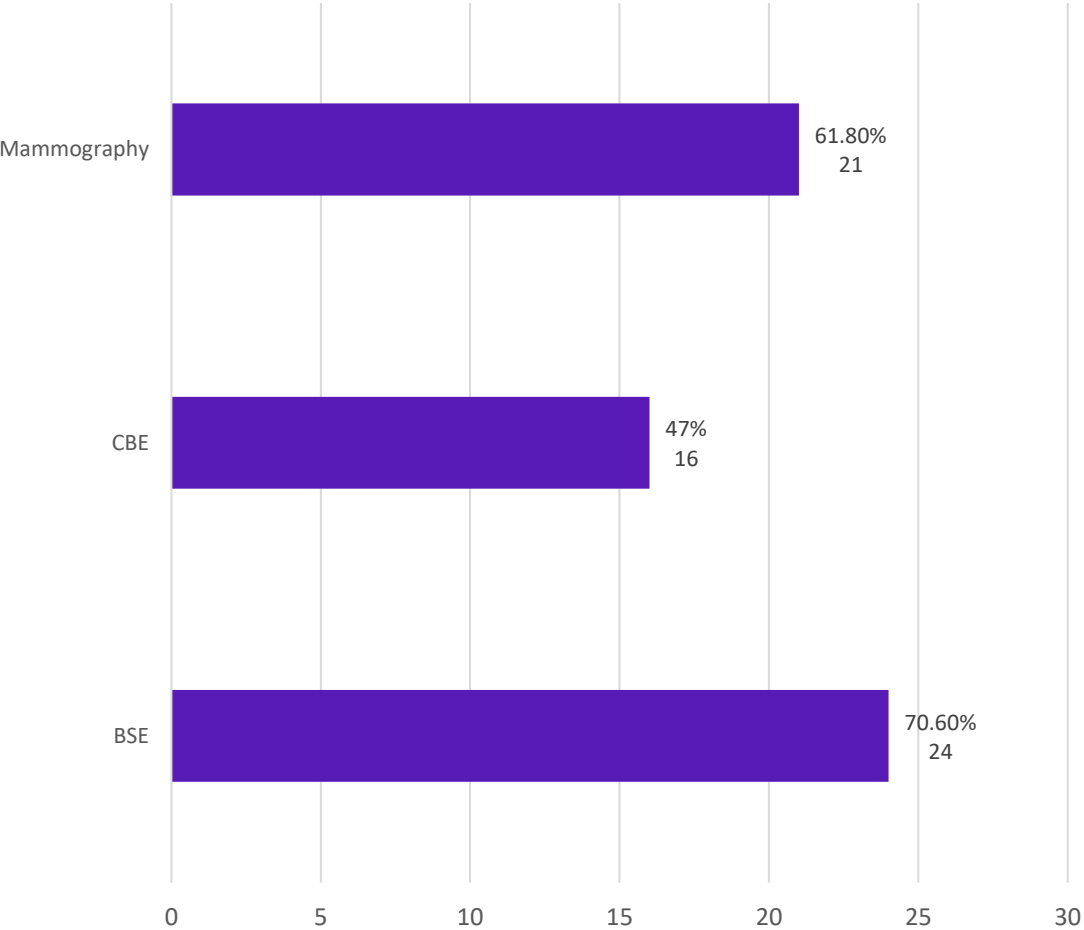


### 3. Treatment modalities used for breast cancer

34 responses



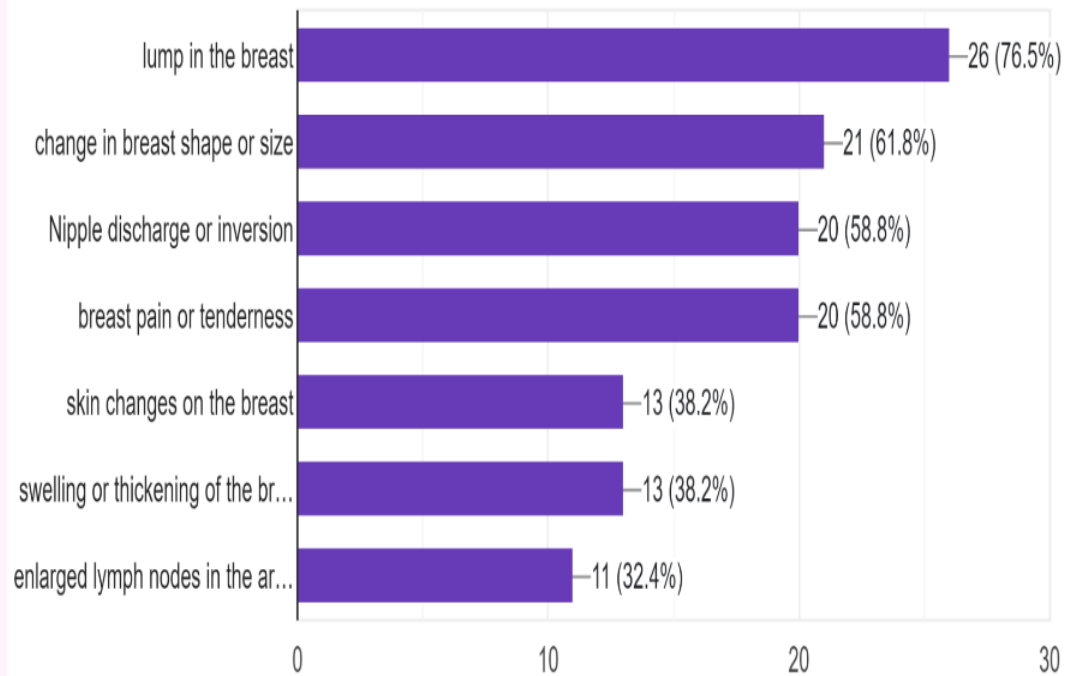
### 5. Screening test used for breast cancer





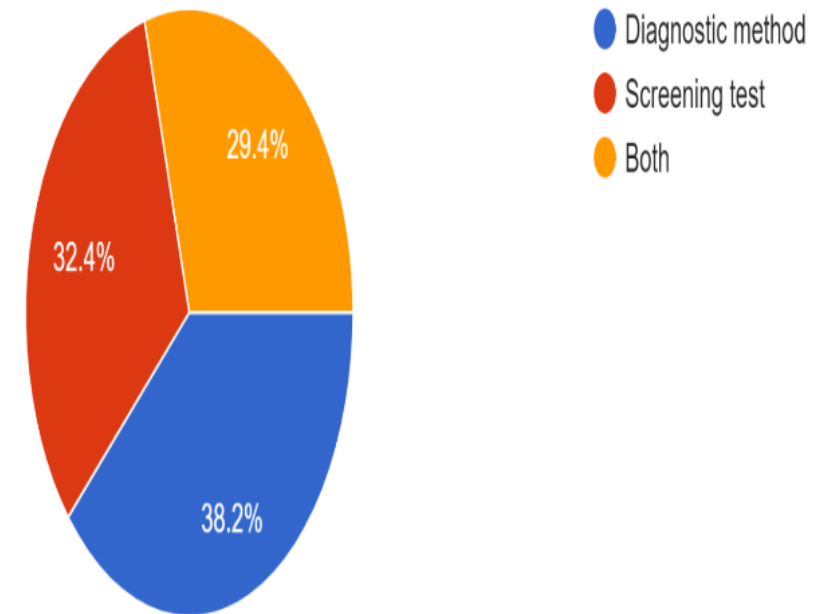
## 6. Signs and symptoms of Breast Cancer

34 responses



## 7. Is mammography a diagnostic method or screening test

34 responses



- **Breast Self –Examination –**

- All were aware about BSE
- 82.5% (n=28) knew how it is performed
- 58.8% (n=20) knew at what age should women start.
- 76.4% (n=26) knew how often women should perform BSE.

- **Clinical Breast Examination (CBE) –**

- 58.8% (n=20) knew about Clinical breast Examination.
- 32.3% (n=11) knew how CBE is performed
- 32.3% (n=11) knew at what age women should undergo CBE
- 20.5% (n=7) knew how often women should undergo CBE

- **Mammography –**

- all participant (n=34) were aware about Mammography
- 73.5% (n=25) knew at what age women should undergo mammography
- 38.2% (n=13) knew how often women should undergo mammography.



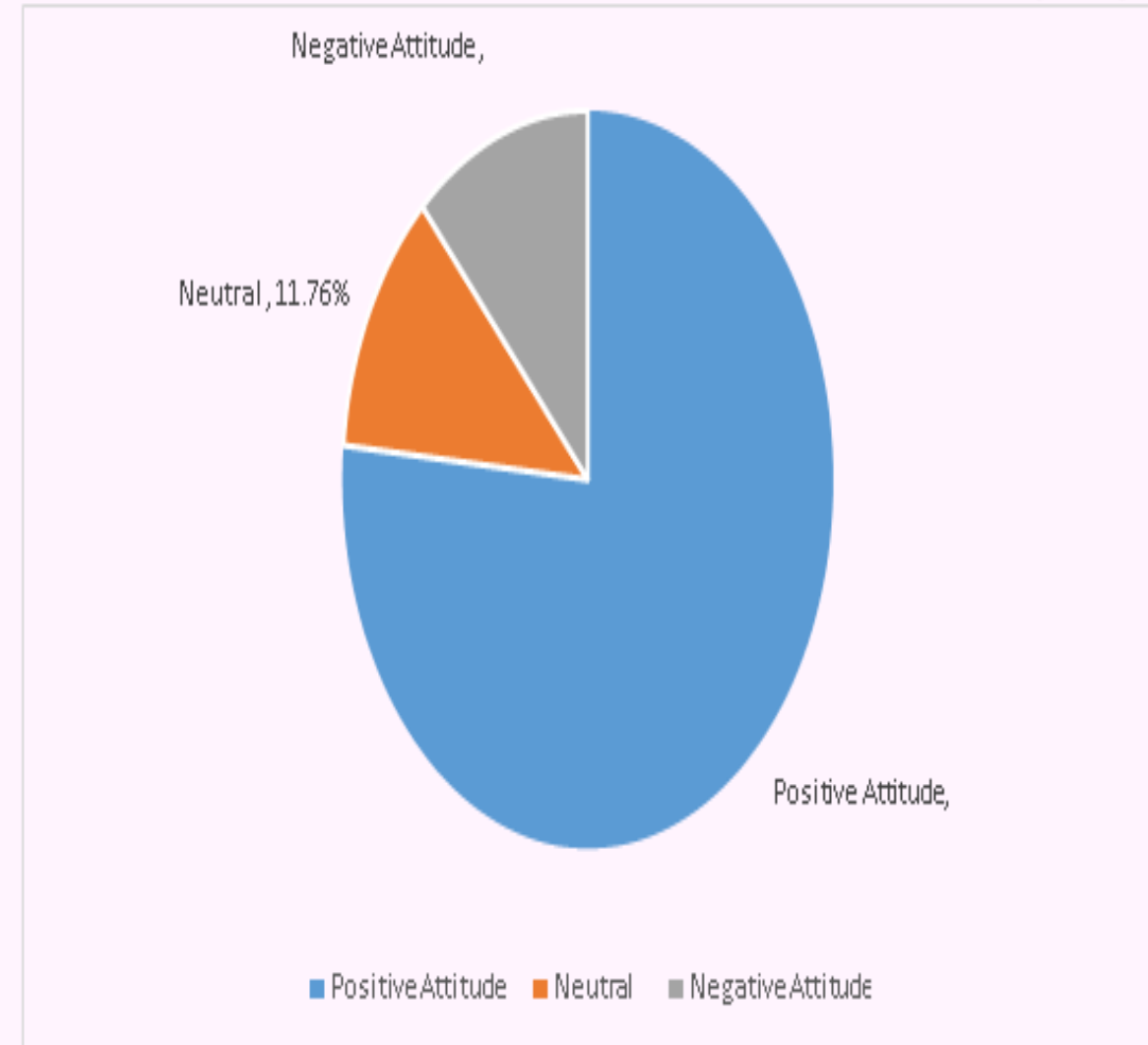
# ATTITUDE/PERCEPTION TOWARDS BREAST CANCER & ITS SCREENING METHODS



Table 4.3 : Total Attitude Score of nurses towards Breast Cancer and its screening methods (n=34)

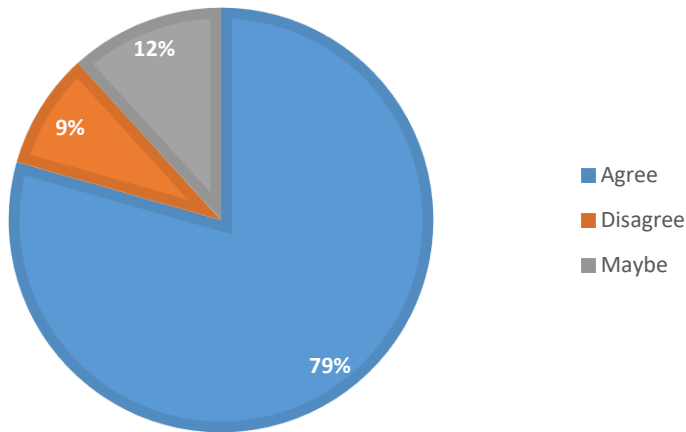
| Total Attitude Score                | Frequency | Percentage |
|-------------------------------------|-----------|------------|
| Positive Attitude (Score +10 to +2) | 26        | 76.47%     |
| Neutral (Score 0)                   | 4         | 11.76%     |
| Negative Attitude (Score -2 to -10) | 4         | 11.76%     |

- The mean total attitude score was found to be 5.2 which is on the positive side.
- Majority of nurses 76.4% (n=26) had a positive attitude towards breast cancer while 11.7% nurses each had either neutral or negative attitude

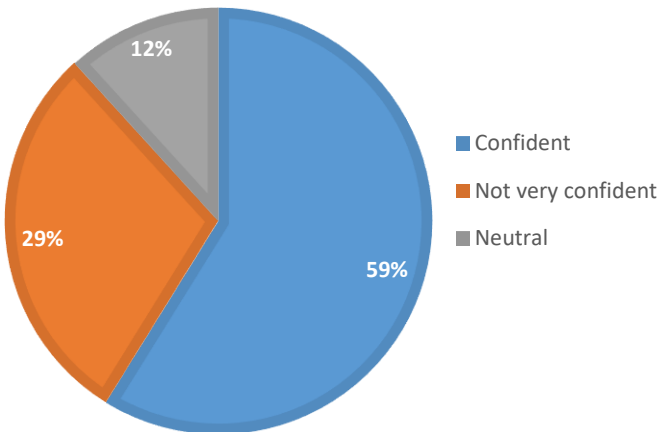




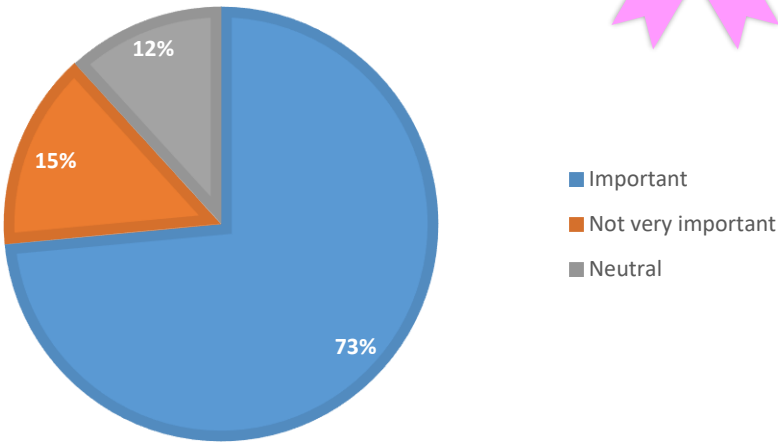
1. DO YOU THINK THAT REGULAR SCREENING METHODS (BSE,CBE AND MAMMOGRAPHY) HELPS TO DETECT CANCER IN EARLY STAGES ?



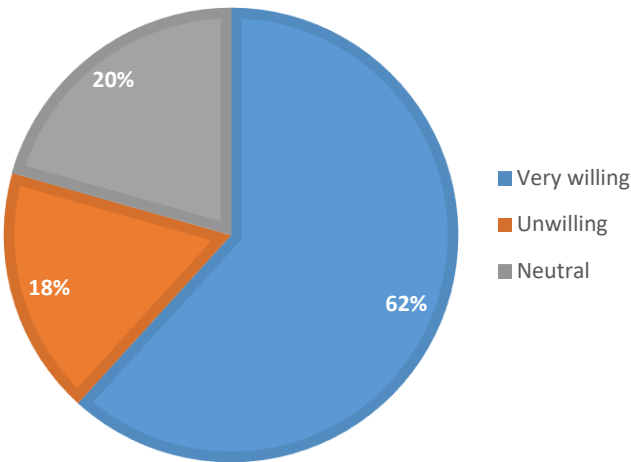
2. HOW CONFIDENT ARE YOU IN YOUR ABILITY TO EDUCATE PATIENTS ABOUT BREAST CANCER AND ITS SCREENING METHODS ?



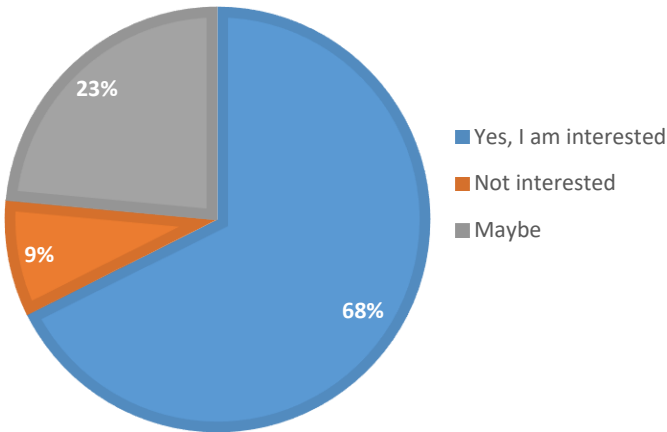
3. HOW IMPORTANT DO YOU THINK HEALTHCARE PROFESSIONALS, INCLUDING NURSES, TO ACTIVELY PROMOTE BREAST CANCER AWARENESS AND SCREENING ?



4. ARE YOU WILLING TO ENCOURAGE AND MOTIVATE WOMEN TO UNDERGO BREAST CANCER SCREENING ?



5. ARE YOU INTERESTED IN RECEIVING ADDITIONAL TRAINING OR EDUCATION REGARDING BREAST CANCER AND ITS SCREENING METHODS ?



# PRACTICE OF BREAST CANCER SCREENING METHODS

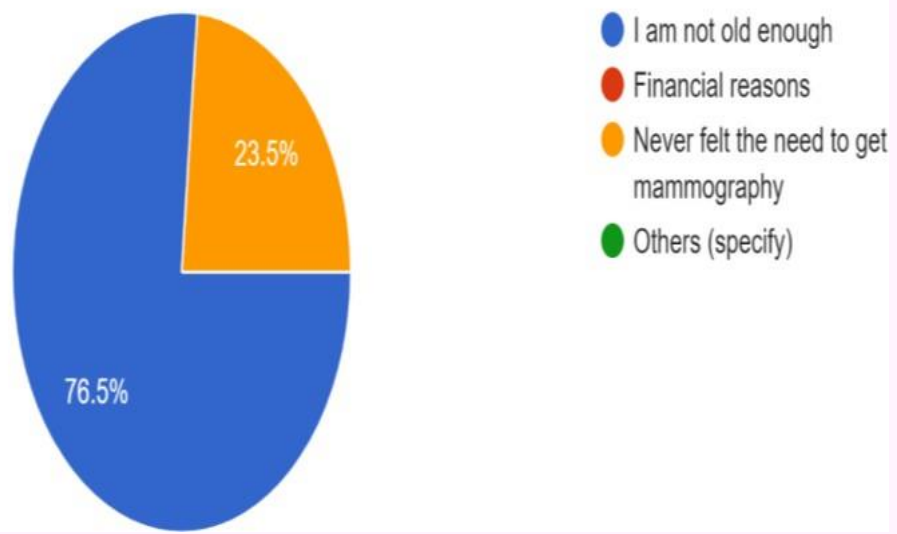


**Table 4.3 : Practice of Breast Cancer screening methods among Nurses ( n= 34)**

| Parameter                                   | Yes    | No      |
|---------------------------------------------|--------|---------|
| <b>Practice Breast Self Examination</b>     |        |         |
| Frequency                                   | 16     | 18      |
| Percentage                                  | 47.06% | 52.94%  |
|                                             |        |         |
| <b>Practice Clinical Breast Examination</b> |        |         |
| Frequency                                   | 6      | 28      |
| Percentage                                  | 17.65% | 82.35%  |
|                                             |        |         |
| <b>Practice Mammography</b>                 |        |         |
| Frequency                                   | 0      | 34      |
| Percentage                                  | 0.00%  | 100.00% |

Reasons for not undergoing mammography

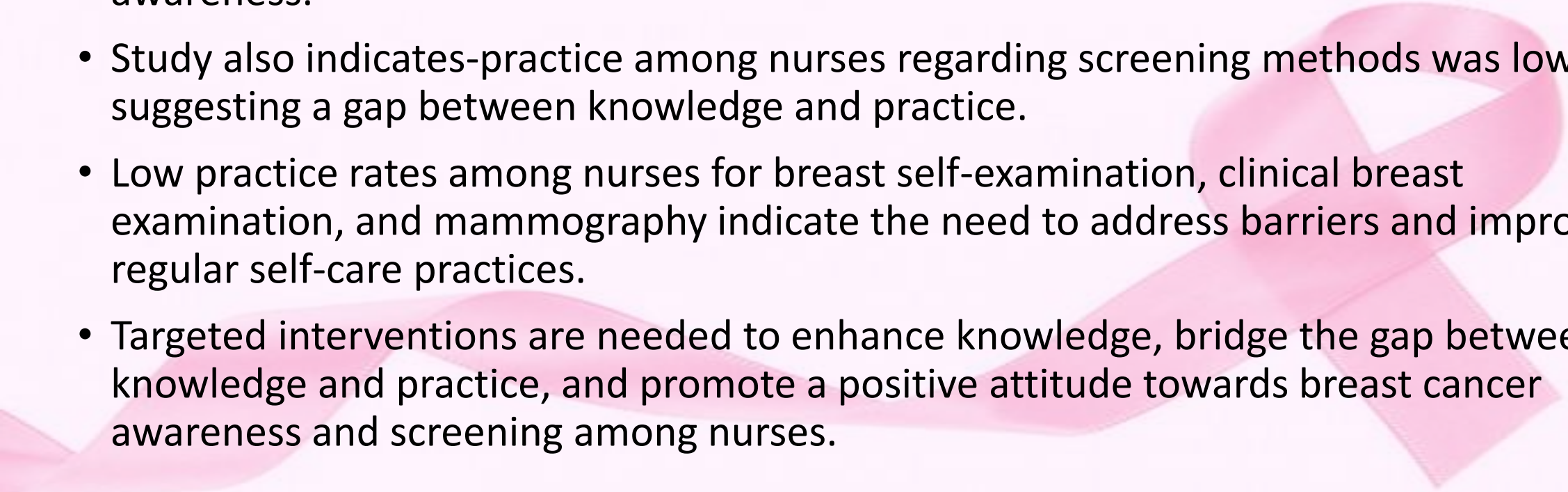
34 responses

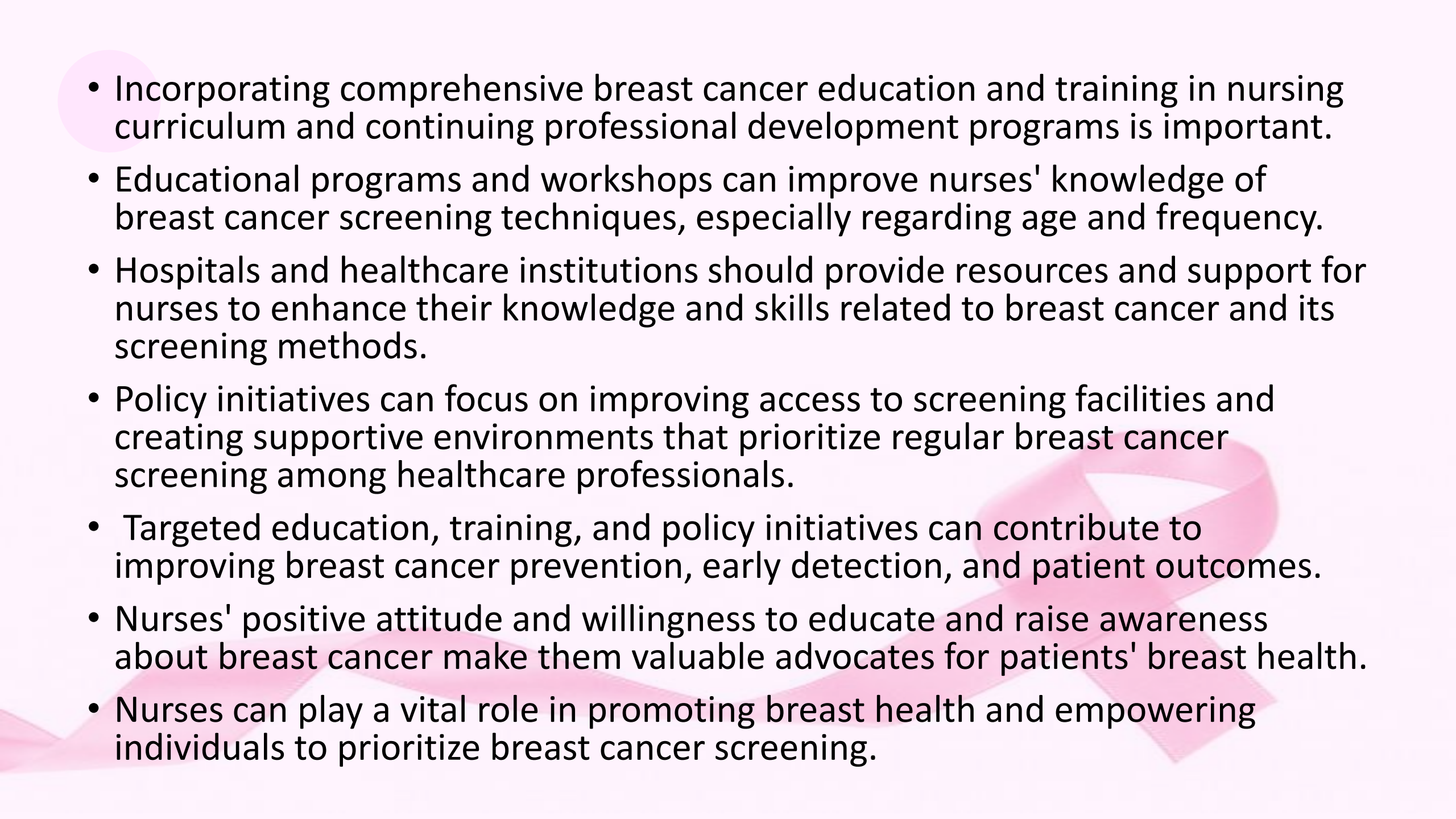


- Overall practice of breast cancer screening was found to be very low among the nurses at the hospital.
- Only 47% (n=16) of the nurses reported ever performing a breast self-examination (BSE), while 52.9% (n=18) admitted to never did a BSE for themselves. Among those, 26.5% (n=5) initiated the practice between the ages of 21 and 25, while a mere 29.4% (n=5) performed BSE on a monthly basis.
- The practice of CBE and Mammography was much lower with 17.6% (n=6) nurses reporting that they had ever undergone CBE. Out of these, all nurses have started undergoing CBE at the age between 26-30 years and only 6% undergo CBE every 3 years.
- No participants have undergone mammography for themselves.



# DISCUSSION & CONCLUSION

- Study indicated that overall knowledge among nurses was suboptimal but they demonstrated positive attitude towards breast cancer & its screening methods. They believed in the importance of screening and felt confident in their ability to educate patients. They expressed their willingness to encourage women to undergo screening and recognized the role of healthcare professionals in promoting awareness.
  - Study also indicates-practice among nurses regarding screening methods was low suggesting a gap between knowledge and practice.
  - Low practice rates among nurses for breast self-examination, clinical breast examination, and mammography indicate the need to address barriers and improve regular self-care practices.
  - Targeted interventions are needed to enhance knowledge, bridge the gap between knowledge and practice, and promote a positive attitude towards breast cancer awareness and screening among nurses.
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- A large, stylized pink ribbon graphic is positioned diagonally across the background of the slide, starting from the bottom left and extending towards the top right. It is partially obscured by the text.
- Incorporating comprehensive breast cancer education and training in nursing curriculum and continuing professional development programs is important.
  - Educational programs and workshops can improve nurses' knowledge of breast cancer screening techniques, especially regarding age and frequency.
  - Hospitals and healthcare institutions should provide resources and support for nurses to enhance their knowledge and skills related to breast cancer and its screening methods.
  - Policy initiatives can focus on improving access to screening facilities and creating supportive environments that prioritize regular breast cancer screening among healthcare professionals.
  - Targeted education, training, and policy initiatives can contribute to improving breast cancer prevention, early detection, and patient outcomes.
  - Nurses' positive attitude and willingness to educate and raise awareness about breast cancer make them valuable advocates for patients' breast health.
  - Nurses can play a vital role in promoting breast health and empowering individuals to prioritize breast cancer screening.

THANK YOU

