EFFECT OF PLANNED TEACHING PROGRAM REGARDING BREAST SELF EXAMINATION AMONG THE FEMALE EMPLOYEES

Mrs. Jayabala Aghamkar

Lecturer
Dr.D.Y.Patil College of Nursing,
Pimpri, Pune-18.

Statement of the problem
‘A study to assess the knowledge and effect of planned teaching program regarding Breast self examination among the Female Employees of Dr. D.Y.Patil Medical College Pimpri Pune-18’

Background of the study
The aim of self-education was to create awareness among employees and motivate them to monitor their health status. Imparting health information can create awareness. Health information can be imparted in various ways such as by posters, pamphlets and mass education.

Need for the study
Prevention is better than cure. A woman herself than by any physician can identify most of the times any lump formation, during the routine examination of breast.

Nurses have a major role in teaching these potentially lifesaving guidelines to all women.

Objectives of study
1. To assess knowledge of female employees regarding Breast self-examination.
2. To develop planned teaching programme on breast self-examination.
3. To find out relationship between the demographic data i.e. age, education, occupation, marital status and knowledge regarding breast self-examination.
4. To determine the effectiveness of planned teaching on breast self-examination as evidence from knowledge gained.

Hypothesis
H₀-There will be no significant difference in the knowledge score between pre and posttest.

Research approach
The research method adopted for the study was an evaluatory approach.

Sample and sampling technique
Sample size was 100.

Data collection technique and instruments
The study aimed at evaluating effectiveness of planned teaching on breast self-examination in terms of the knowledge gained. Hence, a self-administered structured knowledge questionnaire was used for collection of data.
Analysis and interpretation of data according to Objectives.

- assess knowledge of female employees regarding Breast- Self Examination.
- develop planned teaching program on breast self-examination.
- find out the relationship between demographic data i.e. age, education, occupation, marital status and Knowledge regarding breast cancer and Breast Self-Examination.
- determine the effectiveness of planned teaching on Breast- Self-Examination as evidence from knowledge gained.

FIG: bar graph show section wise analysis of maximum score obtained in post test

<table>
<thead>
<tr>
<th>Category</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meaning and importance of BSE</td>
<td>90</td>
</tr>
<tr>
<td>Methods of BSE</td>
<td>88</td>
</tr>
<tr>
<td>Technique of BSE</td>
<td>87</td>
</tr>
</tbody>
</table>

Fig: frequency polygon show frequency distribution of correct answer in pre test and posttest

Conclusion

It can be concluded that, the planned teaching on breast self examination is proved to be effective in imparting the knowledge and creating awareness.

References

- Breast screening in educated Appalachian women” Oncol nurs forum 2006 jul-Aug; 30(4) 659-67. PMID.