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Latha C
Assistant Professor, Dr.
Kumaraswami Health Centre
College of Nursing,
Kanyakumari, Tamil Nadu,
India

A study to assess the effectiveness of video assisted teaching regarding impact on external breast prosthesis among post mastectomy women in a selected hospital at Kanyakumari District

Latha C

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Abstract

The purpose of the study to assess the effectiveness of video- assisted teaching regarding impact on external breast prosthesis among post mastectomy women in a selected hospital at Kanyakumari District The purpose of the study was to assess the knowledge and attitude of post mastectomy women on external breast prosthesis before and after video assisted teaching. The study was conducted in International cancer center at Kanyakumari medical mission, Neyyoor. Purposive sampling technique was adopted. Samples were selected on the basis of inclusion criteria. Samples used were 30 post mastectomy women who were admitted at the International cancer center. The data collection tools developed for gathering the data, were a structured knowledge questionnaire to assess the knowledge of post mastectomy women regarding external breast prosthesis, five point likert scales to assess the attitude of post mastectomy women regarding external breast prosthesis. The study was based on the J.W Kenny” open system model. The research design adapted for this study was pre experimental one group pretest and posttest design. The feasibility of the study and the refinement of tools were assessed through pilot study. Findings of the study as follows in the pretest knowledge majority of the post mastectomy women that is 30(100.0%) had inadequate knowledge. In attitude the pretest of the post mastectomy women, 14(46.7%) were disagree, 12(40.0%) were uncertain, 3(10.0%) were strongly disagree, 1(3.3%) was agree and none of them had strongly agree. In the post-test, majority of the post mastectomy women that is 17(56.7%) had moderate knowledge, 11(36.6%) had adequate knowledge, and 2(6.7%) had inadequate knowledge. In the post-test, 16(53.3%) of the post mastectomy women were agree, 11(36.7) were uncertain, 2(6.7%) were strongly agree, 1(3.3%) were disagree and no one had strongly disagree. This study revealed that the video assisted teaching was effective in improving the knowledge and attitude on external breast prosthesis among post mastectomy women. Though knowledge and attitude of post mastectomy women were significantly improved with highest mean improvement, there was some lagging noted because of unavailability of adequate resources in the oncology unit. So we strongly recommend to conduct the in service education programme to upgrade the knowledge.

Keywords: Teaching regarding, mastectomy women

Introduction

Breast cancer the second leading cause of cancer death in women, is the disease women fear most. Breast cancer can also occur in men but it’s far less common. Cancer is the abnormal, uncontrollable, continuous replication of cells which will inevitably lead to the formation of a tumor. In females, breast serves as the mammary gland, which produces and secretes milk to feed infants. Breast cancer is caused by uncontrolled growth of abnormal cells in the breast. Signs of breast cancer may include a lump in the breast, a change in the breast shape or size, heaviness of one breast, dimpling of the skin, a recently inverted nipple, a red or scaly patch of skin and fluid coming from the nipple. Most women diagnosed with breast cancer require surgical intervention combined with other modalities of treatment including radiation therapy, chemotherapy and hormone therapy. Mastectomy is a common treatment modality for breast cancer in which partial or full affected breast is removed to prevent further spread of cancer. External breast prosthesis is an artificial breast form that is used to replace the natural breast after a complete mastectomy.

Corresponding Author:
Latha C
Assistant Professor,
Dr. Kumaraswami Health
Centre College of Nursing,
Kanyakumari, Tamil Nadu,
India

External breast prosthesis provides symmetry and a natural shape to the body and it improves the body posture and self-esteem. Gallagher *et al.*, (2010) found that lack of information about external breast prostheses caused dissatisfaction. Self-satisfaction and self-confidence improve if women get external breast prosthesis is an artificial breast form that is used to replace the natural adequate information from breast cancer nurses (BCNs). More over provision of accurate information by health care provider can help to correct misinformation and false beliefs about EBP.

Need and significance of the study

Breast cancer is the most common cancer in women both in the developed and less developed world. It is estimated worldwide over 508,000 women died in 2011 due to breast cancer [Global Health Estimate WHO 2013].

Incidence rates vary greatly worldwide from 19.3 per 100,000 women in Eastern Africa to 89.7 per 100,000 women in Western Europe. The Globocan 2018 database estimate of cancer incidence around worldwide was 18.1 million new cancer cases and 9.6 million deaths. The lowest incidence rates are found in most African countries but here breast cancer incidence rates are also increasing.

Breast cancer survival rates vary greatly worldwide, ranging from 80% or over in North America, Sweden and Japan to around 60% in middle income countries and below 40% in low income countries. The low survival rates in less developed countries can be explained mainly by the lack of early detection programs, resulting in a high proportion of women presenting with late-stage diseases, as well as by the lack in access to adequate diagnostic and treatment facilities.

Statement of the problem

A study to assess the effectiveness of video assisted teaching regarding impact on external breast prosthesis among post mastectomy women in a selected hospital at Kanyakumari District.

Objectives of the study

- To assess the pretest level of impact on external breast prosthesis among post mastectomy women.

- To assess the posttest level of impact on external breast prosthesis among post mastectomy women.
- To compare the pretest and posttest level of impact on external breast prosthesis among post mastectomy women.
- To associate the pretest level of impact on external breast prosthesis with selected demographic variables and clinical variables.

Hypotheses

H₁ = There will be a significant difference between pretest and posttest level of impact on external breast prosthesis among post mastectomy women.

H₂ = There will be a significant association between the pretest level of impact on external breast prosthesis with selected demographic variables and clinical variables.

Sampling

The post mastectomy women those who had fulfilled the inclusion criteria were selected as a samples of the study. In this study the sample size was consisted of 30 post mastectomy women, who were admitted in CSI KKMM Hospital, Neyyoor. Purposive sampling technique was adopted to select the samples by the investigator.

Analysis and interpretation

Regarding the demographic profiles of the post mastectomy women. Among them considering age in years, the majority of the samples 14(46.7%) were in the age group of 40-49 years, 12(40.0%) were in the age group of 50-59 years and 4(13.3) were in the age group of 30-39 years. Regarding education, samples 10(33.3%) were high school, 7(23.4%) were primary, 5(16.7) were graduate and 4(13.3%) were higher secondary school. Regarding occupation, samples 27(90.1%) were unemployed, 1(3.3%) had government service, 1(3.3%) had private service and 1(3.3%) was Lab assistant. Regarding family monthly income 22(73.4) were earning Rs. 15,000 and above, 7(23.3%) were earning Rs.10,000- 15,000 and 1(3.3%) was <10,000. Regarding type of family, samples 26(86.7%) were belongs to nuclear family and 7(13.3%) were belongs to joint family. Regarding religion, samples 20(66.7%) were Christian, 8(26.7%) were Hindu and 2(6.6%) were Muslims.

Table 1: Frequency and percentage of assessment of pre and post knowledge on external breast prosthesis among post mastectomy women.

Category of Knowledge	Score	Pre-test Frequency	%	Post-test Frequency	%
In adequate	0-12.5	30	100.0	2	6.7
Moderate	13-19			17	56.7
Adequate	20-25			11	36.6
Total		30	100.0	30	100.0

Above Table showed that, the assessment of knowledge among post mastectomy women in pre-test and post-test. In the pretest, 30(100.0%) post mastectomy women had inadequate knowledge, where as in the post-test, 17(56.7%)

post mastectomy women had moderate knowledge, 11(36.6%) had adequate knowledge, and 2(6.7%) had inadequate knowledge.

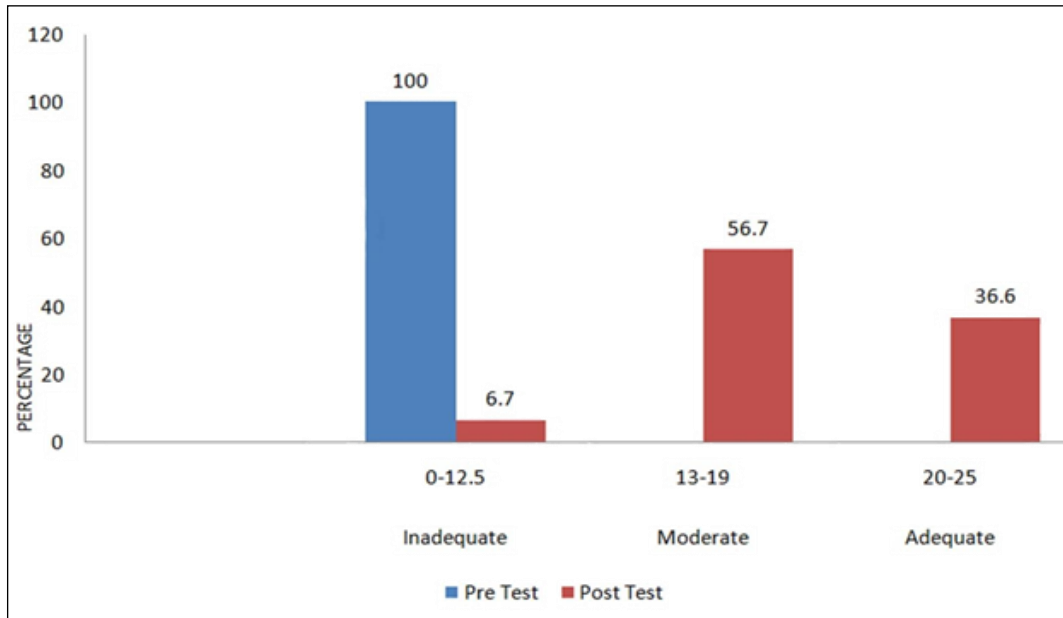


Fig 1: Assessment of pre and post knowledge on external breast prosthesis among post mastectomy women before and after video assisted teaching

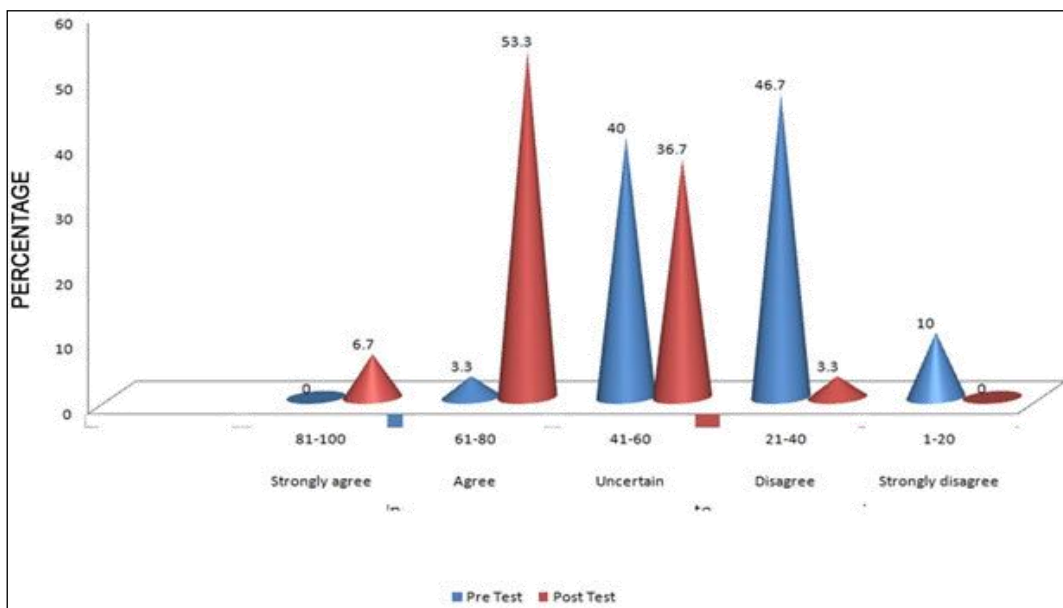


Fig 2: Assessment of pre and post attitude on external breast prosthesis among post mastectomy women before and after video assisted teaching

Variable	Pre-test		Post-test		Improvements		“t”	DF	Significant
	Mean	SD	Mean	SD	Mean	SD			
Knowledge	5.2	2.4	17.6	3.7	12.4	3.6	18.688	29	P<0.001

The above table showed that, comparison between the pre-test and post-test level of knowledge on external breast prosthesis among post mastectomy women. The pretest mean and standard deviation scores of knowledge were 5.2±2.4. The same was improved as 17.6±3.7 in the post-

test. The mean difference between pre-test to post-test was 12.4 ± 3.6. The “t” test value of knowledge score was 18.688. The mean difference between pretest to post-test score was statistically highly significant at P<0.001.

Variable	Pre-test		Post-test		Improvements		“t”	DF	Significant	
	Mean	SD	Mean	SD	Mean	SD				
Attitude	38.1	14.1	64.3	13.0	26.2	9.1	15.751	P<0.001	29	38.1

The above table showed that, comparison between the pre-test and post-test level of knowledge on external breast prosthesis among post mastectomy women. The pretest mean and standard deviation scores of attitude were 38.1±

14.1. The same was improved as 64.3±13.0. The mean difference between pre-test and post-test was 26.2±9.1. The “t” test value of knowledge score was 15.751. The mean difference between pretest to post-test score was statistically

highly significant at $P < 0.001$.

Implication for nursing practice

- The present study will help the post mastectomy women to evaluate their knowledge and attitude on external breast prosthesis.
- The study will emphasize in gaining knowledge and attitude regarding external breast prosthesis among post mastectomy women by video assisted teaching.
- Oncology nurse being an active member in health promotion and maintenance. She must take initiative, among post mastectomy women by means of video teaching, thereby to promote the self-esteem and body posture.

Implications for nursing education

- In service education to be conducted helps to understand the importance of external breast prosthesis.
- The study also enlightens the fact that video assisted teaching on external breast prosthesis can be used to programme their practice and technique.
- Workshops, lectures, discussion programmes can be arranged in nursing colleges, school to motivate the nursing students.

Implications for nursing administration

- Nurse administrator should initiate to conduct the periodical in service education programme in order to gain knowledge regarding external breast prosthesis.
- Nurse administrator should evaluate the knowledge and attitude on external breast prosthesis among post mastectomy women by conducting regular workshops.
- Nurse administrator should provide pamphlets and posters to each oncology ward.

Implications for nursing research

- This study finding can be utilized for literature review for researchers.
- The nurse administrator should motivate for doing more research in this aspect.
- This study findings can motivate researchers to conduct experimental studies, further regarding external breast prosthesis which ultimately the way too many research studies.

Conflict of Interest

Not available

Financial Support

Not available

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