

**ASSESS THE EFFECT OF FOCUSED INSTRUCTIONAL
PROGRAMME ON KNOWLEDGE REGARDING CERVICAL
CANCER AMONG FEMALE HEALTH WORKERS IN DM WIMS
MEDICAL COLLEGE, WAYANAD, KERALA, INDIA**

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ABSTRACT

Cancer of cervix is the most common cancer among women in India and it is one of the leading causes of death in women worldwide and about 5,00,000 women were diagnosed with cervical cancer . More than 2,70,000 women die due to cervical cancer as per the findings of WHO 2010. This study is aimed to assess the knowledge regarding cervical cancer among female health workers in DM WIMS Hospital, Wayanad district, Kerala, India. The study adopted an one group pre-test– post-test design, and 60 samples were recruited by using a non-probability convenient sampling technique, followed by a semi structured questionnaire was used to collect the data prior to the Focused Instructional Programme, given to the research participants and the post test was done after a period of one week. The data collected were analyzed using descriptive and inferential statistics. The finding of the study reveals that the mean of pre total score is 7.62 and standard deviation of 1.905 and the mean of post total score is 17.45 and standard deviation of 2.418. The difference in post mean score and pre mean score was 9.83 at p value <0.001 . Hence we have good evidence that post score is significantly higher than pre score proving the instructional Focused Instructional Programme is effective in improving the knowledge among Female Health workers regarding cervical cancer.

INTRODUCTION

Cervical cancer is one of the most common cancers affecting women. As precancerous lesions found by PAP smears can be treated and cured before they develop into cancer, cervical cancer is often detected before it becomes advanced, the incidence and death rates for this disease are relatively low. According to the most recent data (for the period from 2003 through 2007), the incidence rate for cervical cancer was 8.1 cases per 100,000 women per year. The mortality rate was 2.4 deaths per 100,000 women per year. In 2010, an estimated 12,200 women will be diagnosed with cervical cancer, and an estimated 4,210 will die of the disease.

Cancer of cervix is the most common cancer among women in India and it is one of the leading causes of death in women worldwide and about 5,00,000 women were diagnosed with cervical cancer . More than 2,70,000 women die due to cervical cancer as per the findings of WHO 2010. Since the diagnosis is often made at the late stage of the disease for too many people “Cancer means death”. Ignorance, fear, lack of knowledge and anxiety play an important role in seeking medical advice at the early stage. It is believed that 75% of cervical cancer could be prevented if primary prevention was initiated against known causative factors. Prevention and early detection of cancer cervix must be a high priority to further decrease in cancer morbidity and mortality rates(Ruth Dun Leavey, 2009).

In the light of present knowledge, due to the advancement in science and technology, early detection and prompt treatment of cancer and precancerous conditions provided the best possible protection against cancer for the individual and for the community. Many mass programmes are being conducted to detect early and to prevent cervical cancer. Nurses have a major role in encouraging the women to undergo regular screening to detect and prevent cervical cancer from the early stage.

STATEMENT OF THE PROBLEM

A STUDY TO ASSESS THE EFFECT OF FOCUSED INSTRUCTIONAL PROGRAMME ON KNOWLEDGE REGARDING CERVICAL CANCER AMONG FEMALE HEALTH WORKERS IN DM WIMS HOSPITAL, WAYANAD.

OBJECTIVES

1. Determine the level of knowledge regarding cervical cancer among female health workers in selected hospital at Wayanad.
2. Determine the effect of focused instructional programme on knowledge regarding cervical cancer among female health workers in selected hospital at Wayanad.
3. Find out the association between socio demographic variables and knowledge related to cervical cancer among female health workers in selected hospital at Wayanad.

METHODOLOGY

The research design used in this study was quasi experimental research design and non probability convenient sampling technique was used to select the samples. 60 samples who fulfilled the inclusion criteria were selected for the study. The research was conducted among female health workers at DM WIMS Medical college at Wayanad. The data collection instrument mainly include demographic performa which includes age, religion, level of education, income, marital status, age of marriage, number of children, type of delivery, age of attaining menarche and age of attaining menopause. A semi structured questionnaire was used to collect the data prior to the Focused Instructional Programme on cervical cancer and the post test was done after a period of one week. The data collected were analyzed using descriptive and inferential statistics.

RESULTS OF THE STUDY**Table 1: Frequency and percentage distribution of subjects according to the demographic variables.**

N = 60

| SL NO. | Characteristics | Category | Frequency | Percentage |
|--------|--------------------|----------------|-----------|------------|
| 1 | Age | 25 – 30 | 15 | 25 |
| | | 30 – 35 | 24 | 40 |
| | | 35 – 40 | 18 | 30 |
| | | 40 – 45 | 3 | 5 |
| 2 | Religion | Christian | 8 | 13.3 |
| | | Hindu | 36 | 60 |
| | | Muslim | 16 | 26.6 |
| 3 | Education | Below 10 | 39 | 65 |
| | | Intermediate | 19 | 31.6 |
| | | Graduate | 2 | 3.3 |
| 4 | Income | 6000 – 9000 | 23 | 38.3 |
| | | 9000 – 12000 | 35 | 58.3 |
| | | Above 12000 | 2 | 3.3 |
| 5 | Marital status | Married | 54 | 90 |
| | | Not married | 2 | 3.3 |
| | | Widow | 4 | 6.6 |
| 6 | Age of marriage | Not married | 2 | 3.3 |
| | | Below 17 | 4 | 6.6 |
| | | 17 – 22 | 48 | 80 |
| | | 22 – 27 | 5 | 8.3 |
| | | Above 27 | 1 | 1.6 |
| 7 | No. of children | No | 3 | 5 |
| | | 1 – 2 | 23 | 38.3 |
| | | 2 – 4 | 32 | 53.3 |
| | | Above 4 | 2 | 3.3 |
| 8 | Type of delivery | Nil | 5 | 8.3 |
| | | Normal | 41 | 68.3 |
| | | ceasarian | 16 | 26.6 |
| 9 | Age of menarche | 10 – 14 | 41 | 68.3 |
| | | 14 – 18 | 19 | 31.6 |
| 10 | Age of menopause | No | 56 | 93.3 |
| | | Yes | 4 | 6.7 |
| 11 | Diet | Vegetarian | 1 | 1.6 |
| | | Non vegetarian | 59 | 98.3 |
| 12 | History of disease | No | 59 | 98.3 |
| | | Yes | 1 | 1.6 |
| 13 | Previous knowledge | No | 53 | 88.3 |
| | | Yes | 7 | 11.6 |

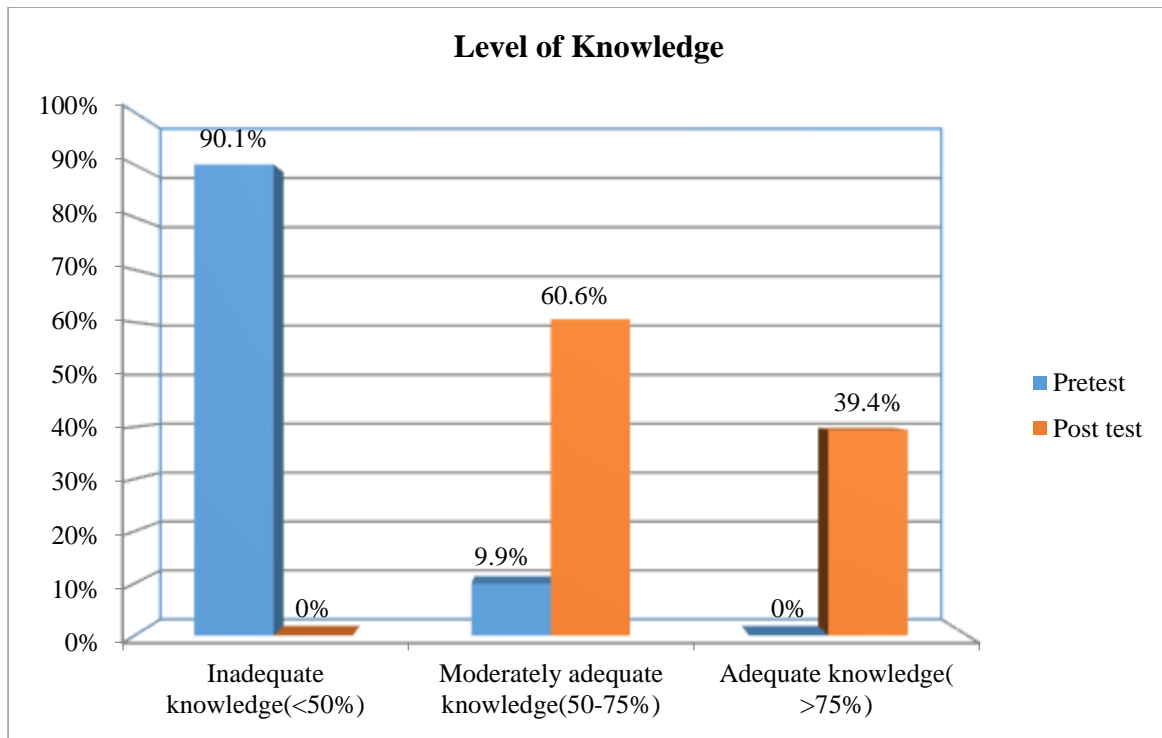


Figure 1 : Pretest and Post test Knowledge Scores of Female Health Workers on Cervical Cancer.

Figure.1 reveals that in pretest 64 (90.1%) participants had inadequate knowledge and seven (9.9%) had moderately adequate knowledge. In post test, 43 (60.6%) had moderately adequate knowledge and 28 (39.4%) had adequate knowledge.

Section 2: Effectiveness of Focused Instructional Programme on Cervical Cancer among Female Health Workers.

| | Mean | Standard deviation | Paired t test |
|------------------|-------|--------------------|------------------------|
| Post total score | 17.45 | 2.418 | t = 59.05 p = 0.001 |
| Pre total score | 7.62 | 1.905 | |

The difference in post mean score and pre mean score was 9.83 ($t=59.05$, p value <0.001). Hence we have good evidence that post score is significantly higher than pre score proving the Focused Instructional Programme is effective.

Analysis of association between knowledge of female health workers on cervical cancer with selected demographic variables.

There is no significant association of knowledge score of female health workers regarding cervical cancer with their selected socio-demographic variables such as age, religion, education, income, marital status, age of marriage, number of children, type of delivery, age of menarche, age of menopause, pattern of diet, history of hereditary disease, previous knowledge regarding cervical cancer at 0.05 level of significance.

CONCLUSION

The study was conducted in the DM WIMS Medical College, Wayanad, Kerala, India with population sample of 60 female health workers using non probability convenient sampling technique. A semi structured questionnaire was prepared as a tool to assess the knowledge regarding cervical cancer. The focused instructional programme was found to be effective in improving the knowledge of female health workers regarding cervical cancer, the difference in post mean score and pre mean score was 9.83. This study proved that, the Focused Instructional Programme is effective in improving the knowledge among Female Health workers regarding cervical cancer.

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