

Knowledge about Preventive Measures of Breast Cancer: Educational Program

Abstract:

Background: Breast cancer is the most common cancer globally, and prevention efforts are growing due to rising incidence rates. Primary prevention includes health promotion, risk reduction, smoking cessation, lifestyle modifications, genetic risk identification, screening tools, risk avoidance, and effective chemoprevention. Secondary prevention involves identifying and treating premalignant or subclinical cancers, while tertiary prevention involves symptom control and rehabilitation. Preventive measures include maintaining a healthy weight, eating a healthy diet, and engaging in regular physical activity.

Aim: The current study was conducted to evaluate effect of an educational program on female workers' knowledge about preventive measures of breast cancer.

Subjects and Methods: Design: A quasi-experimental design was used.

Sample and Settings: A study on 323 working women aged 18-60 without any cancer, chemotherapy, radiation, or psychological disorders.

Tools: A Structured Interviewing Questionnaire Sheet and women's knowledge about preventive measures of breast cancer.

Results: 84.2% had enough income and 75.9% were married. Also, 33.4% had correct answers in the pretest regarding factors increases BC risk, which improved to 81.7% correct answers after the intervention. Pretest poor knowledge that 72.1%, 76.8%, and 72.4% improved to 13%, 11.8% and 9.3% during the posttest, respectively. For good knowledge, it improved from 10.2%, 7.4% & 7.1% preprogram to 72.4%, 78.9%, & 72.4%post program, respectively.

Conclusion: Based on the findings of the present study, it can be concluded that was a statistically significant improvement in female workers' knowledge regarding general information about breast cancer preventive measures during the posttest. There is relation between marital status and family income of the studied female workers and their total knowledge about breast cancer, breast self-examination, and breast cancer preventive measures. It clarifies that married females who had enough family income had the highest percentage of poor, average, and good knowledge in both pre-program and post- program.

Recommendations: study the effect of other socio-demographic factor (age, education, income, occupation) on females' knowledge regarding breast self-examination

Keywords: knowledge; preventive measures; breast cancer; educational program