A STUDY TO EVALUATE THE EFFECTIVENESS OF OBSERVED STRUCTURED CLINICAL EVALUATION (OSCE) ON BREAST SELF EXAMINATION AMONG DGNM I YEAR STUDENTS IN MOTHER THERESA POST GRADUATE & RESEARCH INSTITUTE OF HEALTH SCIENCES AT PUDUCHERRY.

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ABSTRACT

A Pre-Experimental study was conducted to evaluate the effectiveness of Observed Structured Clinical Evaluation on Breast Self Examination among DGNM I year students in Mother Theresa Post Graduate & Research Institute of Health Sciences, Puducherry. The study was restricted to 30 DGNM I year students, selected by simple random sampling technique. Pre-Experimental: one group pre-test post-test design was used. The investigator used Observed Structured Clinical Evaluation technique with OSCE checklist consisting of 10 steps of Breast Self Examination. Pre-test knowledge of practice was assessed with OSCE checklist. Observed Structured Clinical Evaluation technique on BSE was demonstrated. On 8th day post test was conducted using the same OSCE checklist. Results of the study revealed that the post-test knowledge on practice scores of DGNM I year students are significantly higher after administration of Structured Clinical Evaluation technique on BSE than pre-test knowledge on practice scores.

Keywords: Breast Self Examination, Observed Structural Clinical Evaluation (OSCE)

INTRODUCTION

Breast cancer is the most common invasive cancer in females worldwide. It accounts for 16% of all female cancers and 22.9% of invasive cancers in women. 18.2% of all cancer deaths worldwide, are from breast cancer. Breast cancer rates are much higher in developed nations compared to developing ones. There are several reasons for this, with possibly life-expectancy being one of the key factors - breast cancer is more common in elderly women; women in the richest countries live much longer than those in the poorest nations. The different lifestyles and eating habits of females in rich and poor countries are also contributory factors, experts believe. According to the National Cancer Institute, 232,340 female breast cancers and 2,240 male breast cancers are reported in the USA each year, as well as about 39,620 deaths caused by the disease. India is likely to have over 17.3 lakhs new cases of cancer and over 8.8 lakhs deaths due to the disease by 2020 with cancers of breast, lung and cervix topping the list, a premier medical research body said today. In its projection, the Indian Council of Medical Research (ICMR) said in 2016 the total number of new cancer cases is expected to be around 14.5 lakhs and the figure is likely to reach nearly 17.3 lakhs new cases in 2020. Over 7.36 lakhs people are expected to succumb to the disease in 2016 while the figure is estimated to shoot up to 8.8 lakhs by 2020. Data also revealed that only 12.5 per cent of patients come for treatment in early stages of the disease. Adult women of all ages are encouraged to perform breast self-exams at least once a month. “Forty percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important.” While mammograms can help you to detect cancer before you can feel a lump, breast self-exams help you to be familiar with how your breasts look and feel so you can alert your healthcare professional if there are any changes. A Pre-Experimental study was conducted to assess the effectiveness of Observed Structured Clinical Evaluation on Breast Self Examination among DGNM I year students in Mother Theresa Post Graduate & Research Institute of Health Sciences, Puducherry, with the following objectives; (i) To assess the knowledge on practice regarding Breast Self Examination among DGNM
I year students, (ii) To evaluate the effectiveness of Observed Structured Clinical Evaluation on Breast Self Examination among DGNM I year students, (iii) To associate the knowledge on practice scores with selected socio demographic variables.

METHODOLOGY & MATERIALS

Quantitative Research Approach was used with Pre-Experimental: one group pre-test post-test Research Design (O₁ X O₂). The study was restricted to 30 DGNM I year students Mother Theresa Post Graduate & Research Institute of Health Sciences, Puducherry were selected by simple random sampling technique. Inclusion criteria students who are participate in the study and who are available at the time of data collection. Exclusion criteria students who are on leave during data collection period.

The tool for data collection has been classified into two parts. Part-I deals with Socio demographic profile of students. Part-II Consists of Observed Structured Clinical Evaluation technique with OSCE checklist consist of 10 steps of doing Breast Self Examination. Formal written permission was obtained from the Dean of MTPG&RIHS, Puducherry. The researcher clearly explained about the research and informed consent was obtained from concerned students with assurance of confidentiality before data collection. The Pre-test knowledge on practice was assessed with OSCE checklist regarding Breast Self Examination. Observed Structured Clinical Evaluation technique was demonstrated. Post-test knowledge on practice was assessed after 7 days using the same OSCE checklist.

DATA ANALYSIS AND INTERPRETATION

1. Knowledge on practice scores of DGNM I year students regarding BSE

<table>
<thead>
<tr>
<th>Knowledge on practice score</th>
<th>Pre-test</th>
<th>Post-test</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Frequency (N)</td>
<td>Percentage (%)</td>
</tr>
<tr>
<td>Adequate</td>
<td>5</td>
<td>8.35</td>
</tr>
<tr>
<td>Moderate</td>
<td>20</td>
<td>33.3</td>
</tr>
<tr>
<td>Inadequate</td>
<td>5</td>
<td>8.35</td>
</tr>
</tbody>
</table>

Table-1: Illustrates that in Pre-test, majority of students 20 (33.3%) had moderate knowledge on practice, 5 (8.35%) had inadequate knowledge on practice and 5 (8.35%) had adequate knowledge on practice scores. But in the Post-test all the nurses 30 (100%) had gained a higher knowledge on practice scores than Pre-test. This shows an improvement in the knowledge on practice scores after the demonstration of Breast self Examination by OSCE technique.
2. Comparison of Pre-test & Post-test knowledge on practice scores of DGNM I year students regarding BSE

<table>
<thead>
<tr>
<th>Knowledge on practice scores</th>
<th>Mean difference</th>
<th>Standard Error difference</th>
<th>Calculated ‘t’ value</th>
<th>P Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>(P&lt;0.05) – Significant</td>
<td>5.7</td>
<td>0.215</td>
<td>12.295</td>
<td>*&lt;0.001</td>
</tr>
</tbody>
</table>

Table-2: Revealed that calculated P value (P=*<0.001) is less than 0.05 level. This indicates that gain in knowledge on practice score is statistically significant at P<0.05 level. Therefore Observed Structured Clinical Evaluation technique was very effective in improving the knowledge on practice of students regarding Breast self Examination.

3. Table-3: Association between knowledge on practice scores with selected demographic variables.

<table>
<thead>
<tr>
<th>Sl.No</th>
<th>Demographic variables</th>
<th>Knowledge on Practice</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Age</td>
<td>$^*(6.85)$</td>
</tr>
<tr>
<td></td>
<td></td>
<td>P=0.001*</td>
</tr>
<tr>
<td>2</td>
<td>Gender</td>
<td>NS</td>
</tr>
<tr>
<td>3</td>
<td>Type of family</td>
<td>NS</td>
</tr>
<tr>
<td>4</td>
<td>Residence</td>
<td>NS</td>
</tr>
<tr>
<td>5</td>
<td>Previous exposure to BSE information</td>
<td>NS</td>
</tr>
</tbody>
</table>

Table-3: Only student’s age is statistically significant association between knowledge on practice scores with selected socio demographic variables.

DISCUSSION

The findings of the study revealed that in Pre-test, majority of students 20 (33.3%) had moderate knowledge of practice, 5 (8.35%) had inadequate knowledge on practice and 5 (8.35%) had adequate knowledge of practice scores. But in the Post-test all the nurses 30 (100%) had gained a higher knowledge on practice than Pre-test. Only student’s age statistically significant association between knowledge on practice scores with selected socio demographic variables. Therefore Observed Structured Clinical Evaluation technique was very effective in improving the knowledge on practice of students regarding Breast self Examination. And also the study supports the need for conducting educational programmes to increase the knowledge regarding BSE among students. Demonstration of OSCE was effective in terms of gaining knowledge and brings change in practice of Breast self examination which in turn prevent Breast cancer.

CONCLUSION

The practice of Breast Self-Examination (BSE) has been seen to empower women, taking responsibility for their own health. Therefore, BSE is recommended for raising awareness among women at risk. It is important to encourage women to become aware of the feel and shape of their breasts, so that they are familiar with what is normal for them and report any changes to their general practitioner.

References


