

A Study to Assess the Effectiveness of Planned Teaching Programme on Knowledge of Breast Self-Examination among Postnatal Women

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Abstract: Breast abnormalities are one of the important public health problem and studies have reported that awareness and practice of breast examination is an important method of prevention. Breast problems are significant health concerned to post natal women's life time. One in every eight post natal women will be diagnosed with breast abnormalities A breast exam is a self-inspection of the breasts. This gives a greater awareness of the condition of breasts. Breast exams may help identify potential breast problems. Breast examination is essential for early breast abnormalities detection. The pre-experimental study was carried out in SRMS hospital with an objective to evaluate the effectiveness of PTP among post natal women regarding BSE (Breast Self examination). Data was obtained from 50 post natal mothers in the age group 20-40 years. A set of 20 questionnaires were used to evaluate the knowledge of post natal mothers. Purposive sampling technique was used. The research design of the study was pre experimental one group pretest posttest design. The result shows the significant difference in pre-test and post-test knowledge scores of post natal mothers. In the pre-test majority 96% had poor scores and 4% had average scores, whereas in the post-test majority 76% had good scores and 24% average scores. Nurses play a pivotal role in teaching the BSE to the women's to identify the Breast abnormalities. The nurses who can promote monthly BSE should be perfect by supporting realistic believes about early detection & prevention of breast abnormalities as well as demonstrating BSE, so that the women can do it themselves without consulting physician.

Keywords: Effectiveness, Planned teaching Programme, Breast Self examination (BSE), Post natal mothers.

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