



A STUDY TO ASSESS THE KNOWLEDGE OF MODIFIABLE RISK FACTORS OF CANCER AMONG CANCER PATIENT RELATIVES ADMITTED IN INTERNATIONAL CANCER CENTRE, NEYYOOR, KANYAKUMARI DISTRICT

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ABSTRACT

Cancer is considered as a chronic disease which requires ongoing management rather than a terminal or short term illness. Normal mechanism of growth and proliferation are disturbed which result in distinctive morphologic alterations of the cell and aberration in tissue protein. The present study aim to assess the modifiable risk factors of cancer among patients admitted in Kanyakumari District. The objectives of the study were to assess the level of knowledge regarding modifiable risk factors of cancer among patient relatives and to find out the association between knowledge and selected demographic variable. The research design selected for this study was descriptive design convenient sampling technique used. The data were analyzed by inferential statistics. This study shows that 50% of the subject having poor knowledge, 35% of subject having moderate knowledge, and 15% of subject having adequate knowledge.

Key words: Cancer, Modifiable risk factors, Knowledge.

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Article Info

Received 12/01/2017; Revised 20/01/2017
Accepted 24/01/2017

INTRODUCTION

Cancer known, medically a malignant neoplasm is a broad group of disease involving unregulated cell growth. In case of cancer all divide and grow uncontrollably forming malignant tumors, and invading nearby part of the body. Cancer is the leading cause of World wide. The 20th century saw the greatest progression in cancer research. Research identifying carcinogens, Chemotherapy, radiation therapy and better means of diagnosis were discovered. Behaviour change is possible and offers great potential for cancer and prevention. This paper summarizes the major factors that can be modified to decrease Cancer risk. Current recommendation include reducing tobacco use, increasing physical activity, controlling weight, improving diet, limiting alcohol, utilizing safer sex practices, getting routine Cancer screening test and avoiding excess sun exposure. The present study aims to assess the knowledge of patient relatives about modifiable risk factors of

Cancer. Our main aim is to people should aware of modifiable risk factors and also should overcome in that situation.

OBJECTIVES

To assess the level of knowledge regarding modifiable risk factors of Cancer among Cancer patient relatives in ICC, Neyyoor.

To find out the association between knowledge level and selected demographic variable.

MATERIALS AND METHODS

To accomplish the objective of the study A descriptive design was considered most appropriate. Convenient sampling technique used to select the sample after getting ethical clearance the study was conducted in International Cancer Centre, Neyyoor, Kanyakumari district. Subjects were selected according to the selection criteria. Structured knowledge questionnaire was given to



assess the level of knowledge. The data analysis was planned on the basis of objectives and hypothesis of the study by using descriptive and inferential statistics.

RESULTS

1) Frequency and percentage distribution of sample in the selected demographic variables.

Majority of the subject (80%) comes under the age group of 35-58 years of age.

Among sex most of the subject 12(60%) were female and 8(40%) were male.

2) Frequency and percentage distribution of level of knowledge about modifiable risk factors of Cancer

This data presented in Table 2 shows that 50% of subject have poor knowledge, 35% of subjects having moderate knowledge and 15% of subject having adequate knowledge.

3) Association between demographic variable and knowledge level.

The Table 3 states the association between the level of knowledge modifiable risk factors of cancer and selected demographic variable. The finding reveals that there is no significant relationship between the level of knowledge and age and there is a significant relationship sex and level of knowledge.

Table 1. Distribution of sampling according to selected demographic variable

S.no	Demographic variable	Frequency	Percentage
1.	Age in years		
	a) 35-58 years	16	80%
	b) 59-79 years	4	20%
2.	Sex		
	a)female	12	60%
	b)male	8	40%

Table 2. Frequency and percentage distribution of level of knowledge about modifiable risk factors of cancer

Level of knowledge	Frequency	Percentage
Poor	10	50%
Moderate	7	35%
Adequate	3	15%

Table 3. Association between demographic variable and knowledge level

Variable	' T' level	P value	Significant
Age	1.25	3.84	Not significant
Sex	24.4	3.84	Not significant

Limitation:

1. The study was conducted among cancer patient's relatives from ICC, Neyyoor.
2. The study was done on small sample of 20 subjects.

Recommendation:

1. The study can be conducted with large number of sample too better generalized ability.
2. The self-instruction regarding modifiable risk factors of cancer can be used in many areas to aware the modifiable risk factors of cancer among cancer patient relatives.

DISCUSSION AND CONCLUSION

The study reveals that knowledge level of risk factors of Cancer in Cancer patient relatives. Carefully prepared health education programme, and health teaching help the public more aware of prevention of cancer.

Acknowledgement:

Principal and students of P.S College of Nursing.

Conflict of interest:

None.

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