

# The Knowledge, Attitude and Practice Regarding Rehabilitation among Mastectomy Clients at Selected Hospitals, Hyderabad

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## Abstract

**Introduction:** Breast cancer is considered as the most dreadful disease knowledge about post mastectomy rehabilitation places a major role. objectives: to assess the knowledge ,attitude and practices of mastectomy clients, to find out the association between knowledge ,attitude ,practice with their back ground variables. Methodology: **Non experimental research design** to assess the knowledge, attitude and practices of the clients, non probability convenient sampling technique was used to select 80 sample, the study was conducted in selected cancer hospitals Hyderabad likert 3 point scale and practice check list is used to assess the attitude and practices. Results: there is no significant association between knowledge with their selected background variables, 76.3% had below average knowledge,78.8% had neutral attitude, practice regarding rehabilitation,62.5%had average practice score.

**Keywords:** Breast Cancer, Mastectomy, Rehabilitation, Information Booklet.

## Introduction

Women play a variety of roles both in her family and work place, while performing these roles she may neglect herself and undergo lot of stress. Health of women is very important and it should be maintained to perform her roles and to lead a confident life. During the course of her life there are high chances to get attacked by many diseases like menstrual problems, anemia, metabolic disorders, cancers, sexually transmitted diseases, etc. Recent studies states that among all the dangerous diseases affecting women, cancer is the most prevalent disease that make women lose her hope for life.<sup>1</sup>

Cancer refers to diseases in which abnormal cells divide without control and are able to invade other tissues, cancer cells can spread to other parts of the body through the blood and lymph systems. There are different types of cancers common in women such as breast cancer which has the highest incidence 20%, uterine cancer 8%, ovarian cancer 3%, cervical cancer 4%, endometrial cancer 2%, trophoblastic tumors less than 1%, vaginal and vulval cancers less than 1%. Among all these cancers breast cancer is considered as

the most dreadful disease.<sup>2</sup>

Breast cancer is a type of cancer originating from breast tissue, it usually begins either in the cells of the lobules which are the milk producing glands or the ducts or the passage that drains milk from lobules to the nipple. Breast cancer can also begin in the normal tissue, which includes the fatty and fibrous connective tissue of the breast.<sup>3</sup>

Treatment modalities for breast cancer include chemotherapy, radiation or surgery, but most of the cases will require surgery. Broadly, the surgical therapies for the breast cancer can be divided into traditional mastectomy and breast conserving surgery.<sup>4</sup>

Restoration of physical appearance is very important after mastectomy, lack of exercises can lead to “tightening” of a hand by the scar and limit hand motion considerably.<sup>5</sup>

The Breast Cancer Rehabilitation Programme allows clients to participate in treatments most appropriate for their stages of recovery Rehabilitation includes exercises that promote increasing of muscle strength,

preventing lymphatic edema, learning self-massage. Breast reconstruction is also a part of rehabilitation which allows client to cope up with psychological distress caused by body disfigurement.<sup>6</sup>

### Statement of The Problem

“A study to assess the knowledge, attitude and practice regarding rehabilitation among mastectomy clients at selected hospitals, Hyderabad, A.P with a view to develop information booklet”.

### Objectives the Study

Ø To assess the knowledge, attitude and practices regarding rehabilitation among mastectomy clients.

Ø To determine any significant relationship between knowledge and attitude regarding rehabilitation among mastectomy clients.

Ø To determine the significant relationship between knowledge and practice regarding rehabilitation among mastectomy clients.

Ø To determine the significant relationship between attitude and practice regarding rehabilitation among mastectomy clients.

Ø To test the significant association between knowledge of mastectomy clients regarding rehabilitation with their selected background variables.

Ø To test the significant association between attitude of mastectomy clients regarding rehabilitation with their selected background variables.

Ø To test the significant association between practice of mastectomy clients regarding rehabilitation with their selected background variables.

### Assumptions

In this study the investigator assumes that:

Ø Increase in knowledge and practices about rehabilitation lowers the anxiety and prevents complications.

Ø Tool prepared for the study would be sufficient to assess the mastectomy client’s knowledge, attitude and practices regarding rehabilitation.

Ø Testing knowledge will bring about awareness among mastectomy clients regarding rehabilitation.

Ø Mastectomy clients will answer frankly and truthfully to the questions

### Hypothesis

H<sub>1</sub>-There will be significant relationship between the knowledge and attitude regarding rehabilitation among mastectomy clients.

H<sub>2</sub>-There will be significant relationship between knowledge and practice regarding rehabilitation among mastectomy clients.

H<sub>3</sub>-There will be significant relationship between attitude and practice regarding rehabilitation among mastectomy clients.

H<sub>4</sub>-There will be significant association between knowledge of mastectomy clients regarding rehabilitation with their selected background variables.

H<sub>5</sub>-There will be significant association between attitude of mastectomy clients regarding rehabilitation with their selected background variables.

H<sub>6</sub>-There will be significant association between practices of mastectomy clients regarding rehabilitation with their selected background variables.

### Delimitations

The study is delimited to Mastectomy clients who are

Ø Willing to participate in the study

Ø In the age group of 30yrs - 60yrs.

Ø Duration to a period of 4 to 6 weeks.

Conceptual framework adopted in this study is by **Betty Neuman’s System Model Theory.**

### Methodology

“**Descriptive research approach**” was used for present study .**Non experimental research design** to assess the knowledge, attitude and practices of the clients

**setting:** At Selected cancer Hospitals Hyderabad.

**sample: 80** Mastectomy clients

**Sampling technique:** Non probability convenient sampling technique.

**Inclusion criteria:** Mastectomy clients, who are,

- Ø In the age group of 30yrs- 60 yrs
- Ø Willing to participate in the study and residing in the selected hospitals.
- Ø In 3<sup>rd</sup> to 30<sup>th</sup> post operative day.
- Ø Able to read, write and understand English and Telugu.

**Exclusive criteria:** Mastectomy clients, who are

- not willing to participate in the study
- sick at the time of data collection

**Method of Data Collection:** structured knowledge questionnaire, three point Likert's scale to assess the attitude and practice check list. An Information book let was given. Content validity of the tool was ascertained

in consultation with guide and experts from medical surgical nursing departments .Reliability of the tool was established by checking the stability and internal consistency .The tentative period of data collection is was 5 weeks.

**Method of data analysis:** the collected data was analysed by using appropriate descriptive and inferential statistical method.

**Descriptive statistics :** Frequency and percentage to assess the demographic variables of adolescents, mean standard deviation to assess the knowledge and attitude practices of adolescents regarding mastectomy rehabilitation.

**Inferential statistics:** Karl Pearson's correlation formula to determine the relation ship between the knowledge ,attitude and practices regarding mastectomy rehabilitation

**Chi-square test:** to find out the association between knowledge, attitude and practice scores regarding mastectomy rehabilitation.

## Results

**SECTION I-TABLE SHOWING ASSOCIATION BETWEEN KNOWLEDGE REGARDING REHABILITATION WITH THEIR BACK GROUND VARIABLES AMONG MASTECTOMY CLIENTS.**

VARIABLES	CATEGORY	<MEDIAN%		CHI SQUARE	INFERENCE
AGE	Under 30	30.8	69.2	0.732	P>0.05 NS
	31yrs-40yrs	50.0	50.0		
	41yrs-50yrs	35.0	65.0		
	51yrs-60yrs	47.4	52.6		
	Above 60yrs	50.0	50.0		

**Cont... SECION I-TABLE SHOWING ASSOCIATION BETWEEN KNOWLEDGE REGARDING REHABILITATION WITH THEIR BACK GROUND VARIABLES AMONG MASTECTOMY CLIENTS.**

RELIGION	Hindu	28.2	71.8	0.067	P>0.05 NS
	Muslim	54.8	45.2		
	Christian	55.6	44.4		
	Others	100.0	0.0		
	10th class	37.5	62.5		
	Intermediate	28.6	71.4		
	Degree	0	0		
OCCUPATION	House wife	47.8	52.2	0.331	P>0.05 NS
	Pvt employee	23.1	76.9		
	Gov.employee	28.6	71.4		
	Others	50.0	50.0		
INCOME	<5000	41.5	58.5	0.964	P> 0.05 NS
	5001-10000	45.0	55.0		
	10001-15000	42.9	57.1		
	>15000	0	0		
MARITAL STATUS	Married	42.5	57.5	0.459	P>0.05 NS
	Unmarried	33.3	66.7		
	Separated	0	0		
	Widow	100	0.0		

**Cont... SECION I-TABLE SHOWING ASSOCIATION BETWEEN KNOWLEDGE REGARDING REHABILITATION WITH THEIR BACK GROUND VARIABLES AMONG MASTECTOMY CLIENTS.**

NO OF CHILDREN	1	56.0	44.0	0.331	P>0.05 NS
	2	31.8	68.2		
	3	35.0	65.0		
	More than 3	46.2	53.8		
USE HARMONAL PILL	Yes	47.4	52.6	0.408	P>0.05 NS
	No	41.0	59.0		
KNOWLEDGE ABOUT REHABILITATION	Yes	40.5	59.5	0.460	P>0.05 NS
	No	44.2	55.8		

SECTION II- Table showing frequency distribution of mastectomy clients according to the grading of their attitude scores  
(n=80)

Percentage	Grading	Frequency	Percentage%
50%	Negative	19	24%
51%-75%	Neutral	61	76%
75%-100%	Positive	0	0%
Total		80	100%

Above table depicts that the maximum mastectomy clients 61(76%) had neutral attitude where as 19 (24%) had negative attitude scores.

**Section III –Table shows the distribution of mastectomy clients according to their grading of the practice scores**

**(n=80)**

Grade	Frequency	Percentage
BELOW AVERAGE(< 50)	30	37.5%
AVERAGE (51-75)	50	62.5%
ABOVE AVERAGE (>75)	0	0%
TOTAL	80	100%

**SECTION IV- RELATIONSHIP BETWEEN KNOWLEDGE AND ATTITUDE REGARDING REHABILITATION AMONG MASTECTOMY CLIENTS**

(n=80)

VARIABLES	MEAN	SD	rVALUE
KNOWLEDGE	9.09	2.32	0.259 at P<0.05
ATTITUDE	2.7	0.291	

The above table shows that there is significant relationship between knowledge and attitude regarding rehabilitation with r value of 0.259, and the obtained table value of 0.021. Hence H<sub>1</sub> hypothesis that is there will be significant association between attitude score of mastectomy clients with their selected background variables is accepted at p< 0.05

**SECTION V-RELATIONSHIP BETWEEN KNOWLEDGE AND PRACTICE REGARDING REHABILITATION AMONG MASTECTOMY CLIENTS**

VARIABLES	MEAN	SD	r VALUE
KNOWLEDGE	9.09	2.32	0.212
PRACTICE	7.91	1.76	

(n =80)

The above table shows that there is significant relationship between knowledge and practice regarding rehabilitation with r value of 0.212 and the obtained table value of 0.059. Hence H<sub>2</sub> hypothesis that is there will be significant association between knowledge and self reported practice of mastectomy clients with their selected background variables is accepted at p< 0.05.

**SECTION VI -RELATIONSHIP BETWEEN ATTITUDE AND PRACTICES REGARDING REHABILITATION AMONG MASTECTOMY CLIENTS**

VARIABLES	MEAN	SD	r VALUE
ATTITUDE	2.7	0.291	0.58 at P< 0.217
PRACTICE	7.91	1.76	

The above table shows that there is significant relationship between attitude and practice regarding rehabilitation with ‘r’ value of 0.58 at the obtained table value was 0.217. Hence H<sub>3</sub> hypothesis that is there will be significant association between knowledge and self reported practice of mastectomy clients with their selected background variables is accepted at p< 0.05.

**SECTION VII- ASSOCIATION BETWEEN KNOWLEDGE REGARDING REHABILITATION WITH THEIR BACK GROUND VARIABLES AMONG MASTECTOMY CLIENTS.**

The selected background variables such as age, religion, education, occupation ,marital status no of children, use of hormonal pills, knowledge about rehabilitation, had no significant (p>0.05) with

knowledge scores .therefore null hypothesis  $H_{04}$  was accepted.

Hence, it is inferred that the knowledge of mastectomy clients regarding rehabilitation is independent of all their selected back ground variables.

#### SECTION VIII-ASSOCIATION BETWEEN ATTITUDE REGARDING REHABILITATION WITH THEIR BACK GROUND VARIABLES AMONG MASTECTOMY CLIENTS

The selected background variables age, religion, education, occupation ,marital status no of children, use of hormonal pills, knowledge about rehabilitation and knowledge regarding rehabilitation made no significant association ( $p>0.05$ ) with attitude.

The background variables religion with  $\chi^2$  value 0.03 made significant association at ( $p<0.05$ ) with attitude. But majority of variables made no significant association. So, null hypothesis  $H_{05}$  is accepted. Hence it is inferred that there is no significant association between attitudes of mastectomy clients regarding rehabilitation with their selected background variables except with their religion.

#### SECTION IX- ASSOCIATION BETWEEN PRACTICES REGARDING REHABILITATION WITH THEIR BACK GROUND VARIABLES AMONG MASTECTOMY CLIENTS

The selected background variables age, religion, education, occupation ,marital status no of children, use of hormonal pills, knowledge about rehabilitation and knowledge regarding rehabilitation made no significant association ( $p>0.05$ ) with practices.

The background variables income with  $\chi^2$  value 0.002 made significant association at ( $p<0.05$ ) with practices. But majority of variables made no significant association. So, null hypothesis  $H_{06}$  is accepted. Hence it is inferred that there is no significant association between practices of mastectomy clients regarding rehabilitation with their selected background variables except with their income.

### Discussion

The Present Study was taken up, in an effort to assess the knowledge, attitude and practices of mastectomy clients, the clients knowledge regarding mastectomy

rehabilitation is found to be less when compared with the basic concepts of mastectomy rehabilitation, 76.3% had below average knowledge , (78.8%) had neutral attitude practice regarding rehabilitation 62.5% had average score. The finding were consistent with the study conducted by **Cinar N, Seckin et al**, to find out The effectiveness of early rehabilitation in patients with modified radical mastectomy.30 patients were instructed to 15 sessions of individual rehabilitation program A conclusion was drawn that early onset rehabilitation program after modified radical mastectomy provides improvement in shoulder mobility and functional capacity without causing adverse effect in postoperative period.

### Implications

The result of the study has drawn several implications for Nursing practice, Nursing education, Nursing administration and Nursing research.

### Recommendations

A comparative study can be undertaken to see the relationship between knowledge and practice of nurses regarding importance of rehabilitation.

**Ethical Clearance-** Taken from our college ethical committee and from selected hospital settings

**Source of Funding-** Self

**Conflict of Interest -** Nil

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