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COMPARING THE EFFECTS OF BREAST CANCER SCREENING EDUCATION BASED ON “SYSTEMATIC COMPREHENSIVE HEALTH EDUCATION AND PROMOTION” MODEL TO HEALTH VOLUNTEERS ON WOMEN’S PRACTICE

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Background and aims: Breast cancer is the most common cancer among Iranian women. One of the challenges of educational planners in gamut of reproductive health is how to deliver effective medical and health instructions. It feels and absolute need to have a native Educational model. This study attempted to determine the effect of breast cancer screening education based on SHEP (Systematic comprehensive Health Education and Promotion) model to Healthy volunteers on women’s attitude covered by Mashhad health centers.

Methods: This was a quasi-experimental study with two group/ Trainers and Audients, done in 2 urban health centers affiliated to Mashhad district health authority, divided randomly to experimental and control centers. 6 health volunteers and 60 women with random selected from each center were the sample of the study. An 8-hour workshop conformity SHEP model was conducted over two days for health volunteers in experimental group. In both centers 10 women were allocated for each health volunteer, were taken a pre-test with a breast self-examination checklist, and a questionnaire evaluating their knowledge and attitude about breast cancer screening and intend to do mammography and clinical examination. 2-hour educational session was performed for them by health volunteers, immediately and 4 weeks after educational sessions 2 post-tests were taken. Research data were processed and analyzed, using t-test, two-way ANOVA, Mann Whitney, Friedman, Chi Square, Fisher’s exact test in SPSSv20

Results: The mean scores of knowledge, attitude and practice was not statistically different between two groups in pre-test ($p>0/05$). There was a significant difference in mean scores of knowledge, attitude and practice between two groups immediately and one month after the intervention and on both times was higher in experimental group ($p<0/05$).

Conclusion: Results of this study emphasize the efficiency of training based on SHEP model by usage peer Trainers on women’s short and long term knowledge promotion about breast cancer screening, their attitude reformation toward breast cancer screening and improvement their performance in breast self-examination and intention to mammography and clinical breast examination.