

## Knowledge regarding prostate cancer among males

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### Abstract

**Back ground:** The prostate is a small, walnut-sized structure that makes up part of a man's reproductive system. It wraps around the urethra, the tube that carries urine out of the body. Prostate cancer is a form of cancer that develops in the prostate, a gland in the male reproductive system. Most prostate cancers are slow growing, however, there are cases of aggressive prostate cancers. The cancer cells may metastasize (spread) from the prostate to other parts of the body, particularly the bones and lymph nodes. Prostate cancer may cause pain, difficulty in urinating, problems during sexual intercourse, or erectile dysfunction.

**Aim:** To assess the knowledge regarding prostate cancer among males at selected area in Nellore.

**Material and method:** Study conducted by using the quantitative research approach by using descriptive research design was adopted to determine the knowledge regarding prostate cancer among males.

**Statistical Analysis Used:** The collected data was organized, tabulated, analyzed and interpreted by using descriptive and inferential statistics based on the objectives of the study.

**Results and Conclusion:** The study result shows that with regard to level of knowledge males are have 1(3.33%) were at Grade, 1(3.33%) were A grade, 1(3.33%) were B+ grade 6(80%) were B grade 21(70%) were D grades.

**Keywords:** knowledge, prostate cancer

### 1. Introduction

The prostate is a small, walnut-sized structure that makes up part of a man's reproductive system. It wraps around the urethra, the tube that carries urine out of the body. Prostate cancer is a form of cancer that develops in the prostate, a gland in the male reproductive system. Most prostate cancers are slow growing, however, there are cases of aggressive prostate cancers. The cancer cells may metastasize (spread) from the prostate to other parts of the body, particularly the bones and lymph nodes. Prostate cancer may cause pain, difficulty in urinating, problems during sexual intercourse, or erectile dysfunction.

Prostate cancer is the third most common cause of death from cancer in men of all ages and is the most common cause of death from cancer in men over age 75 years. Prostate cancer is rarely found in men younger than 40 year. Prostate biopsy is the only test that can confirm the diagnosis. There are no obvious strategies to prevent this disease, so screening has been considered as a possible intervention to reduce the number of deaths. Tissue from the prostate is viewed underneath a microscope. Biopsy results are reported using something called a 'Gleason grade' and a 'Gleason score'.

The 'Gleason grade' shows how aggressive the prostate cancer might be. It grades tumors on a scale of 1 - 5, based on how different from normal tissue the cells are.

Two tests are available to screen for prostate cancer: prostate-specific antigen (PSA) and digital rectal examination (DRE). The first of these is a blood test, and the second is a physical examination by a doctor where a finger is passed into the rectum to directly feel for enlargement or a nodule in the prostate gland. The subsequent diagnostic test is a prostatic

biopsy taken through the rectum. This paper will discuss the use of PSA as part of a screening program.

Often, more than one 'Gleason grade' is present within the same tissue sample. The Gleason grade is therefore used to create a Gleason score by adding the two most predominant grades together (a scale of 2 - 10). The higher the Gleason score, the more likely the cancer is to have spread beyond the prostate gland: Scores 2 - 4: Low-grade cancer, Scores 5 - 7: Intermediate- (or in the middle-) grade cancer. Most prostate cancers fall into this category, Scores 8 - 10: High-grade cancer (poorly-differentiated cells)

### 2. Objectives of the Study

- To assess the knowledge regarding prostate cancer among males at selected area in Nellore.
- To find out the association between level of knowledge with selected socio demographic variables.

### 3. Detailed Research Plan

**Research Approach:** Quantitative Approach.

**Research Design:** Descriptive research design.

**Research Setting:** The study was conducted Kakuturu is a Village in Venkatchalam Mandal in SPSR Nellore.

**Sampling Technique:** Convenient sampling technique was adopted for selection of the subjects.

**Sample Size:** The sample size for the study was 30 males in Kakuturu village in Nellore.

**Description of the tool**

The tool was developed with the help of related literature from various text books, journals, web sites, discussion and guidance by the teachers.

**The tool will be divided into two parts**

- **Part-I:** Deals with demographic data males like age, religion, educational status, occupation, income, marital status, type of family, source of information, family history of prostate cancer, dietary pattern.
- **Part-II:** Deals with structured questionnaire with 33 questions.

**Score Interpretation**

Scoring system was developed by ‘I’ mark to correct response and ‘O’ mark for answer wrong.

**Table 1:** Interpretation of Knowledge

Grade	Score
A+	More than 85%
A	More than 75%
B+	More than 65%
B	More than 55%
C	More than 50%
D	Less than 50%

**4. Results and Discussion**

**Description of demographic variables of among males**

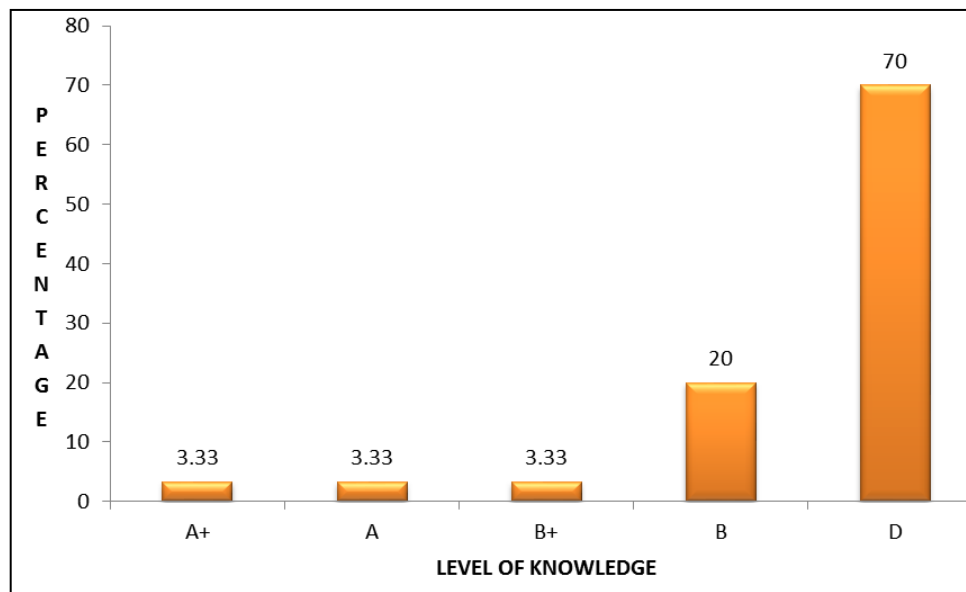
- In respect to age, 13(43.33%) males are between 31-40 years, 6 (20%) are 41-50 years and 11(36.66%) are 51-60 years.
- In context to religion 17(56.66%) are Hindus, 9 (30%) are Muslims and 4(13.33%) are Christians.
- With regard to educational qualification 1 (3.33%) are illiterate, 12(40%) are primary education, 10 (33.33%) are intermediate and 4 (13.33%) are graduate and postgraduates.

- In relation to occupation 12(40%) are farmers, 10(33.33%) are Coolie, 4 (13.33%) are Business and 3(10%) are Government employees.
- With respect to family income 7 (23.33%) are between Rs<5000/month, 13(43.33%) are between Rs 5001-7000/month, 8(26.66%) are between Rs7001- 9000/month, 1(3.33%) are between Rs 9001-11000/month and 1(3.33%) are between Rs > 11000/month.
- In relation to marital status 3(10%) are unmarried, 26(86.66%) are married and 1(3.33%) is widower.
- With regard to type of family 18(60%) are belongs to nuclear family and 12 (40%) are belongs to joint family.
- With regard to dietary pattern 23(76.66%) are vegetarian, 6 (20%) are non- vegetarian and 1(3.33%) are ova vegetarian.
- In content to source of information 9(30%) are got from friends and neighbor, 9 (30%) are got from mass media, 11 (36.66%) are got from books and 1 (3.33%) are got from health care professionals.
- With to family history of prostate cancer 30(100%) were says No.

**Table 2:** Frequency and Percentage distribution of level of knowledge regarding prostate cancer among males at selected area in Nellore. (N=30)

Level of knowledge	Frequency(F)	Percentage (%)
A+	1	3.33
A	1	3.33
B+	1	3.33
B	6	30
D	21	70
Total	30	100

Table 2 shows that with regard to level of knowledge males are have 1(3.33%) were at Grade, 1(3.33%) were A grade, 1(3.33%) were B+ grade 6(80%) were B grade 21(70%) were D grades.



**Fig 1:** Shows Percentage distribution of males based on level of knowledge

## 5. Implications of the Study

### Nursing Practice

- The study helps to determine the level of knowledge regarding prostate cancer among males. Present study motivates to improve their knowledge.
- The nurses have to motivate the men to have regular screening program for prostate cancer.
- The community health nurses have to motivate the men regarding importance of screening and participate in the screening for prostate cancer.
- The study helps to nurses to enable to assess the level of knowledge regarding prostate cancer among males by providing them with scientific accurate.

### Nursing Education

- Males have to update their knowledge regarding prostate cancer, which are practical by different countries.
- Nursing curriculum can provide opportunities for the nursing students to plan, conduct health educational programme for various age group regarding prostate cancer and to conduct screening programme in hospital settings by the health care agencies.
- The faculty and nursing students has to motivate regarding prostate cancer through seminar, conference and group discussion.

### Nursing Administration

- Nurse administrated should provide adequate teaching programme to nursing staff in hospitals to involve males regarding of prevention of prostate cancer.
- The administration should plan continuing the nursing educational programme males should include such topic to enhance the knowledge males

### Nursing Research

- More research studies stimulate recommended, reorganizes and supports the physical and mental and its transition into clinical practice.
- To conduct varies studies to assess the knowledge level regarding prostate cancer among men for large group in varies settings.
- To conduct various studies on prevalence of prostate cancer among men in varies settings.
- Conduct structured teaching program regarding prostate cancer among men.

### Recommendations

On the basis of the findings of the study the following recommendations have been made

- A simple study can be replicated on large sample size, in different settings, with in different population as longitudinal study.
- A similar study to assess the practice of preventive measures on prostate cancer can be conducted among large group.
- A prevalence study can be conducted among men.
- A teaching programme can be conducted on prevention of prostate cancer among men.

## 6. Conclusion

The finding of the study revealed that the majority of males have poor, knowledge over prostate cancer. So education programme to be organized regarding prostate cancer among males, at selected areas in Nellore to improve their knowledge.

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