

Abstract

Background and Purpose: The low uptake of breast cancer screening services among Indian women has led to delayed diagnoses, increased initial presentations with advanced forms of breast cancer, and increased rates of mortality. A major contributing factor to the underutilization of mammogram screening in this population can be attributed to Indian women's knowledge deficit of cancer and cancer prevention. The purpose of this quality improvement project was to implement an evidence-based breast cancer awareness education module and determine if it results in increased breast cancer awareness and improved satisfaction regarding breast cancer knowledge.

Methods: This quality improvement project used a pre-test/post-test intervention design to compare breast cancer awareness and satisfaction via validated surveys. The project took place at a cultural community health organization in California. A total of 20 participants were enrolled and completed this project. The intervention consisted of a validated educational module that highlighted the prevalence of breast cancer, the importance of mammogram screening, and lifestyle behaviors that help reduce breast cancer risk. The education module was presented in both the English and Punjabi language to address language barriers. Project outcomes included breast cancer knowledge, satisfaction with breast cancer knowledge, and attitudes regarding breast cancer screening. The survey data was analyzed using a paired samples t-test.

Results: Statistically significant improvements were noted in breast cancer awareness ($p < 0.001$) and satisfaction with breast cancer screening knowledge ($p < 0.001$). Intervention effects also included improved attitudes regarding breast cancer screening and prevention.

Conclusion: A health literacy focused breast cancer education module can successfully improve breast cancer knowledge, satisfaction, and attitudes in Indian women. Statistically significant improvement in participants' awareness and knowledge regarding breast cancer, breast cancer screening, and breast cancer prevention appear to be obtainable by implementing this breast cancer education module. Using the Breast Cancer Knowledge Test Survey is an effective way to measure changes in breast cancer prevention awareness. While statistically significant changes were seen in all subscales, response bias may have contributed to these findings.

Implications: Health literacy focused education presented in the native language can help improve breast cancer screening knowledge and awareness in ethnic-minoritized women. Breast cancer screening and prevention education should be implemented at the provider level.

Keywords: Breast Cancer Awareness, Mammogram, Indian Women, Health Literacy, Education Module