



Let me tell you More about Breast Cancer!

Elisa Rodriguez, DNP, ARNP - C



Introduction:

Early detection of breast cancer with screening mammography means that treatment can be started earlier in the course of the disease, possibly before it has spread. Results from randomized clinical trials and other studies show that screening mammography can help reduce the number of deaths from breast cancer among women ages 40 to 74, especially for those over age 50. However, studies to date have shown that not enough women are getting their yearly Mammograms. A group of students lead by their professor decided to spread the word of the importance of early diagnosing.

Background:

Making Strides Against Breast Cancer walks are the largest network of breast cancer awareness events in the nation, uniting nearly 300 communities with a shared determination to finish the fight against breast cancer. Passionate walk participants raise critical funds that enable the American Cancer Society to fund groundbreaking breast cancer research; provide free, comprehensive information and support to those touched by breast cancer; and help people take steps to reduce their breast cancer risk or find it early when it is most treatable. The group of Registered Nurses students obtaining their Bachelors of Science in Nursing lead by the professor decided to participate in this event as volunteers and at the same time connect and encourage participants to get screened every year.

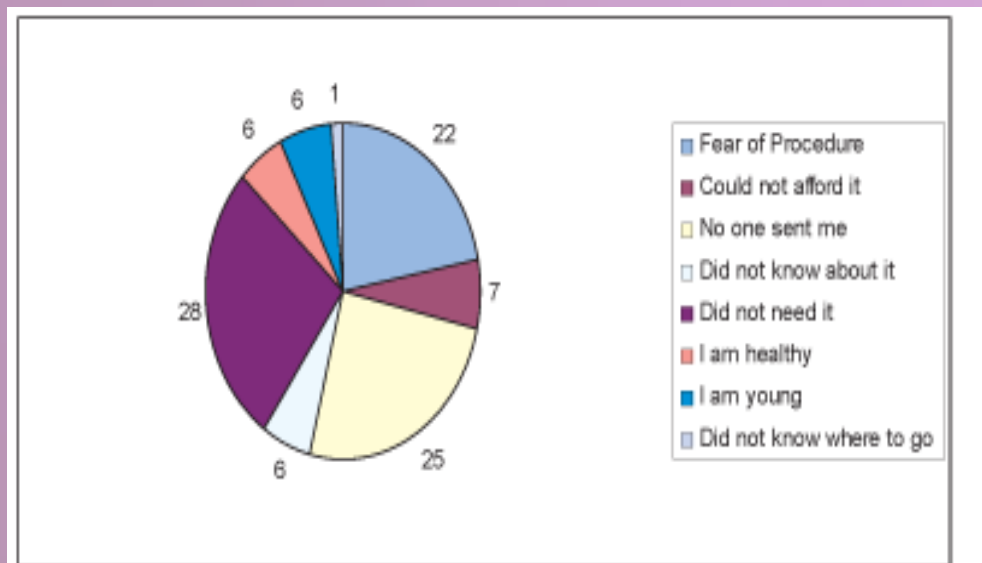


Figure: Reasons for delaying mammography in those having their first mammogram. Values are per cent of responses.

Challenge:

There are different reasons why women are not getting their yearly Mammogram: fear, cost, lack of time, difficulty of finding a location and time. The women were approached by the students to dissipate information to resolved any issue which was impeding them from getting the Mammogram screening done.

Solution:

Students provided Evidenced Based facts about the importance of getting screened. Offered information of different sites, locations and time for obtaining an appointment. Discussed options for covering the cost of the test, which most times is free of charge.

Conclusion

- The students obtained a receptive audience who left the event feeling encouraged to make the changes necessary to get their Mammogram done.
- The participants were involved and inquisitive about discussing their fears with the students and felt comfortable with their answers.
- The students felt empowered to disseminate important health information to the community.

References:

- www.cancer.org
- www.cancersocietyofamerica.org
- www.hrsa.gov
- www.makingstrides.acsevents.org

