

Assess the Knowledge Regarding Lung Cancer Among Men at a Selected Hospital

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ABSTRACT

Introduction: Lung cancer is a leading cause of cancer related death commonly for men. There are many causes for lung cancer like inhalation of carcinogenic pollutants by susceptible host. Out of all the risk factors, cigarette smoking is the most important risk factor in the development of lung cancer in men. **Objective:** To assess the knowledge regarding lung cancer among men **Methods:** Non experimental descriptive research Design was employed. 60samples were selected by using convenient sampling technique at OPD in selected Hospital. Knowledge on lung cancer was assessed by structured questionnaire and data were analyzed by descriptive and inferential statistics. **Results:** The findings of the study revealed that many of them were not aware of lung cancer. **Conclusion:** It is to be concluded that the study participants may get benefited by self instructional module regarding lung cancer and its prevention

Keywords: lung cancer, knowledge, carcinogen, Cigarette smoking, Carcinoma

Introduction

Lung cancer is a leading cause of cancer related death commonly for men. There are many causes for lung cancer like inhalation of carcinogenic pollutants by susceptible host. Out of all the risk factors, cigarette smoking is the most important risk factor in the development of lung cancer in men.

Lung cancer is the uncontrolled growth of abnormal cell in one or both of the lungs. While normal cell reproduce and develop in to healthy lung tissue, these abnormal cells reproduce faster and never grow in to normal lung tissue. The cancer cells can spread from the tumor in to the blood stream or lymphatic system where they can spread to the organs. Cigarette smoking is by far the most important cause of the lung cancer and the risk from smoking increases with the number of cigarettes smoked and the length of time spent smoking. Some occupational chemicals and air pollution like benzene, formaldehyde and disseat air pollution asbestos also an important cause of lung cancer.

Lung carcinoma is the leading cause of cancer-related death worldwide. About 85% of cases are related to cigarette smoking. Symptoms of lung carcinoma include cough, chest discomfort, weight loss, and less commonly hemoptysis.

An increased risk of lung cancer was found for workers ever employed on a sugarcane farm (odds ratio (OR) 1.92, 95% confidence interval. (95%CI)1.08to 3.40). Increased risks were found for work involving preparation of the farm (OR 1.81,95% CI 0.99to 3.27) and burning of the farm after harvesting (OR 1.82,95% CI 0.99 to 3.34). Non significant increases in risks were found for harvesting the crop (OR 1.41,95% CI 0.70 to 2.90) and processing the cane in the mills (OR 1.70,95% CI 0.20 to 12.60)

Various factors have been associated with the development of lung cancer including tobacco smoke, second hand smoke, environmental and occupational exposures, gender, genetics and dietary factors

also leads to lung cancer. Lung cancer is the leading cancer killer among men and women in the United States. Tobacco smoking is the died list and most dangerous habit.

Need for the Study

The term lung cancer is a malignant tumor arising from the bronchial epithelium. It is the commonest of all the pulmonary neoplasm and is eight times more common in males than females between the ages of 50 to 70 years. Some of the symptoms include chronic cough, coughing up blood or chest pain. However person with only persistent coughing do not always seek medical advice early enough.

Most experts agree that Lung cancer is attributed to inhalation of carcinogenic pollutants by susceptible host. More than 85% of lung cancer is caused by the inhalation of carcinogenic chemicals, most commonly cigarette smoking. In US about 90% of lung cancer deaths in men and 80% death in women are due to smoking. Smoking of cigarettes a day increases the risk of lung cancer by 30 times. Passive smoking also has been identified as possible cause of lung cancer in non smokers. In other words people who are exposed to tobacco smoke in a closed environment are at risk of developing Lung cancer.

Research methodology

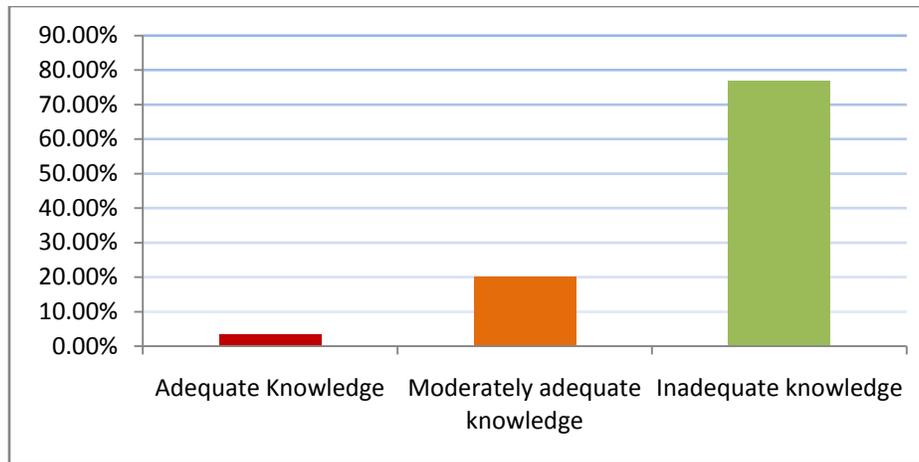
The research design chosen for the study was non experimental descriptive design. The study was done in the outpatient department of selected hospital in Chennai with 60 samples. The samples were selected by using non probability convenient sampling method. The knowledge on lung cancer was assessed by using structures questionnaire. The data were analyzed by using descriptive and inferential statistics.

Results

The results reveal that, 43.3% were between the age group of 45-55 years and 54% of them were having the habit of smoking,

The frequency and percentage distribution of level of knowledge on causes of lung cancer among men attending OPD

Level of knowledge	Frequency	Percentage
Inadequate Knowledge	46	76.6%
Moderately Adequate Knowledge	12	20.0%
Adequate Knowledge	2	3.3%



Discussion

The purpose of the study was done to assess the knowledge of men on causes of lung cancer. The results show that most of them (76.6%) were having inadequate knowledge on causes of lung cancer. The finding was supported by **Redhwan Ahmed Al-Naggar¹**, et al (2013) findings. They done a study to **determine knowledge about lung cancer among secondary school male teachers in Kudat, Sabah, Malaysia.** A cross-sectional study was conducted among three secondary schools located in Kudat district, Sabah, Malaysia during the period from June until September 2012. After explaining about the study to participants informed consent was obtained. The self administered questionnaire was used to assess the socio demographic characteristics and general knowledge on lung cancer. Once all 150 respondents completed the questionnaire, they passed it to their head master for collecting and recording. All the data were analyzed using Statistical Package for the Social Sciences (SPSS) version 13. ANOVA and t-test were applied for univariate analysis; and multiple linear regression for multivariate analysis. A total of 150 male secondary school teachers participated in this study. Their mean age was 35.6 ± 6.5 (SD) and regarding the knowledge about lung cancer, 57.3% of the participants mentioned that only males are affected by lung cancer. Some 70.7% mentioned that lung cancer can be transmitted from one person to another. More than half (56.7%) reported that lung cancer is not the leading cause of death in Malaysian males.. In conclusion Overall, the knowledge of

school male teachers about lung cancer was low. Interventions to increase lung cancer awareness

are needed. The overall finding of the present study showed that, most of them were having the habit of smoking and around 76.6% of them were inadequate knowledge on causes of lung cancer. So the nurses working in the hospital should periodically educate the patient attending OPD about causes of lung cancer and its prevention.

Conclusion

On the basis of the study findings of the present study, most of them were unaware about the causes of lung cancer, hence self instructional module about causes and its prevention can be given with pictorial representation and posters can be placed in the OPD department of respiratory medicine and in common places regarding causes and its prevention.

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