

The Impact of a Hospital-Based Awareness Program on the Knowledge of Patients About Breast Cancer and Cancer Cervix

Background: Breast cancer and cancer cervix contribute to high morbidity and mortality rates among women worldwide. Appropriate knowledge of both cancers can help in early detection and management. **Aim:** This study aimed to assess the effect of a hospital-based awareness program on the knowledge of patients attending some outpatient clinics in Sohag University Hospital regarding the 2 cancers. **Subjects and Methods:** The program was held in Sohag University Hospital on 150 female patients during the period between August and October 2018. The knowledge of the patients about the risk factors, symptoms, screening, and management of both cancers was first assessed using an interview questionnaire. Then, the awareness program included 4 sessions and every session discussed only 1 aspect of knowledge regarding both cancers. Later, patients were assessed again using the same questionnaire and the improvement was determined. **Results:** The mean age of the participating patients was 29.6 ± 6.7 years, 74.7% could read and write, and 85.3% were married. Only education was associated with better knowledge about breast cancer ($p = 0.002$) and cancer cervix ($p = 0.007$). Thanks to the program, the percent of patients with optimal knowledge of breast cancer improved from 14.7% to 50% ($p < 0.001$). This percent distributed as follows; risk factors 10% to 50% ($p < 0.001$), manifestations 20% to 60% ($p < 0.001$), screening 4% to 7% ($p < 0.001$), and management 24.8% to 63% ($p < 0.001$). Regarding cancer cervix, the improvement was as follows; total knowledge 13.3% to 46.2% ($p < 0.001$), risk factors 8% to 50% ($p < 0.001$), manifestations 12.2% to 50% ($p < 0.001$), screening 15% to 40% ($p < 0.001$), and management 18.2% to 44.8% ($p < 0.001$). **Conclusion and Recommendations:** Patients had suboptimal knowledge about breast cancer and cancer cervix. However, the program achieved remarkable successes in improving the knowledge of patients. Future programs on a wider scale and different populations should be considered.

Keywords: breast cancer, cancer cervix, knowledge, awareness program