KNOWLEDGE OF PROSTATE CANCER RISK FACTORS AND SELF-CARE PRACTICES AMONG MALES AGED EIGHTEEN TO FIFTY YEARS AT BINDURA PROVINCIAL HOSPITAL

BY

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Abstract

Prostate cancer has become a global concern particularly among black African man or black man of African origin. Knowledge on risk factors plays an important role in the prevention of prostate cancer. The purpose of this study was to assess the knowledge of prostate cancer risk factors and self-care practices among males aged eighteen to fifty years at Bindura Hospital. This is because most men are diagnosed with the disease in the late stage and they do not know the risk factors and also self-care practices that can reduce their risk. This study used a non-experimental descriptive study design. The theoretical framework used to guide the study was the Health Belief Model. Simple random sampling was used to select 100 males aged 18 to 50 years visiting Bindura Provincial Hospital for health care. Data were collected through face to face interviews using a questionnaire as a guide. Data was organised and analysed using Statistical Package for Social Sciences (SPSS) version 16 software Data was then presented using, tables, pie and bar charts. The research instrument comprised of three sections which are the demographic data, knowledge on risk factors to prostate cancer and self care practices. The study deduced that besides non-modifiable risk factors like age and heredity, also men engage in some practices which predispose them to prostate cancer. Surprisingly, only 51% of the participants had heard about prostate cancer and it is sign that men do not know the problems which can affect them unexpectedly. Among the participants 65% admitted that they are at risk of having prostate cancer. When looking at the background of the participants 12% had some history of prostate cancer within their family, which is a factor exposing them to prostate cancer. As 24% of the participants were cigarette smokers while 33% were alcohol drinkers which are also practices that expose them to prostate cancer. Men also had poor health practices as 65% of the participants admitted to consume high fat diet which also predispose to prostate cancer. However, 65% of the participants do physical exercises and this can prevent them from exposure to prostate cancer. To a large extent routing consultation from health personnel or facilities for prostate examination will help them dictate the problem early. Nursing practice should adopt protocol that support health education on risk factors for prostate cancer and good self-care practices and the protocol should take an individualized approach to maximize reduction of prevalence of prostate cancer.