

BACKGROUND

- Cancer education has been found effective in reducing the prevalence of risky pro-cancer behaviors among adolescents (Adamowicz et al, 2012).
- The aim of this study was to explore the impact of HNC education on some Nigerian secondary school students' knowledge of the etiologies and symptoms of head and neck cancer (HNC) and also explore its impact on their attitudes towards HNC peer-education

METHODS

- This was an interventional study conducted among science and technical students (n=103) in a public boarding school in Ilesa Town, Southwestern Nigeria
- Participants were given a lecture on HNC in the school auditorium (Figure 1)
- A well-structured questionnaire was used to obtain information from each participant before and after the session of the HNC lecture.
- Collected data were cleaned, and analyzed using SPSS version 16 software.



Figure 1: School auditorium

RESULTS

- Mean age (\pm SD) of respondents was 13.89 (\pm 1.01) years, 72.8% were males, while 82.5% were from the Yoruba tribe.
- There was a remarkable increase in the mean (\pm SD) knowledge scores of respondents' knowledge of HNC etiology (7.3% [\pm 22.5%] versus 68.3% [\pm 32.4%]) and symptoms (9.1% [\pm 23.9%] versus 71.4% [\pm 33.3%]) after the session of HNC education.
- There was a statistically significant increase in the number of respondents that were willing to educate their friends about HNC cancer after the education session (87.4% [pre-test] versus 88.3% [post-test], [X^2 : $p < 0.001$; $df = 4$]). (Figure 2)

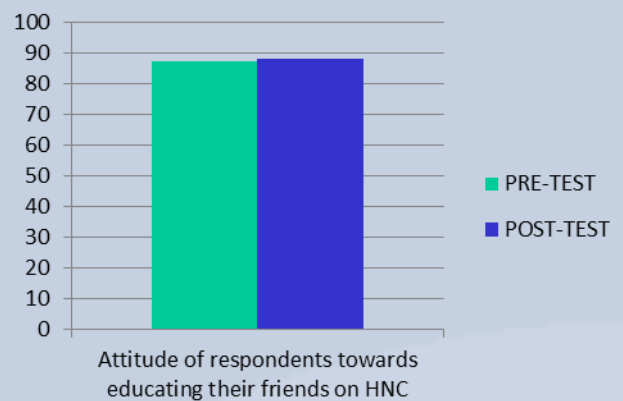


Figure 2: Comparison of attitude of respondents towards peer-education on HNC before and after receiving HNC lecture

CONCLUSIONS

- Head and neck cancer education markedly improved adolescents' knowledge of HNC. Adolescents can be advocates of HNC prevention if made knowledgeable about HNC.

REFERENCES

- Adamowicz K, Zalewska MJ, Majkowicz M, Zaucha J. Assessment of the impact of cancer education on changes in adolescent lifestyle. *Onkologia Polska* 2012; 15(4)