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RESEARCH ARTICLE

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PERIODIC PERFORMANCE OF PAPANICOLA EXAM BY NURSING ACADEMICS

¹Ana Zaiz Flores Hormain Teixeira de Carvalho, ²Ana Caroline Silva de Castro Ferreira, ³Aline de Souza Pereira, ⁴Maria Helane Rocha Batista Gonçalves, ⁵Eysler Gonçalves Maia Brasil, ⁶Meysa Quezado de Figueiredo Cavalcante Casadevall and ⁷Elisabeth Yasmin da Silva Ferreira

¹Teacher – Faculdade de Ensino e Cultura do Ceará (FAECE), ²Nurse– Faculdade de Ensino e Cultura do Ceará (FAECE), ³Teacher – Centro Universitário Christus (UNICHRISTUS), ⁴Teacher– Universidade Estadual do Ceará (UECE), ⁵Docente do Curso de Enfermagem – Universidade da Integração Internacional da Lusofonia Brasileira, ⁶Nurse – Universidade Federal do Ceará (UFC), ⁷Nurse – Centro Universitário Estácio do Ceará

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*Corresponding author: Ana Zaiz Flores
Hormain Teixeira de Carvalho,

ABSTRACT

In the face of high mortality rates related to infection with human papillomavirus, the National Policy for Health Promotion aims to promote the quality of life and reduce health risks related to their behavioral and environmental determinants. Among the strategies for the prevention of cervical cancer in Brazil, the Ministry of Health highlights the Pap test as an incidence rate reduction tool and mortality. This study aims to evaluate the adherence of Nursing students to preventive Pap smear. It is a descriptive exploratory study of quantitative nature. The results presented in this study show that most of the surveyed academic was in age above 18 years in reproductive phase, vulnerable to cytologic changes, among them the development of cervical cancer. Regarding the reasons that they reported for not performing the examination, most academic mentioned lack of time, confidence in examination or have no symptoms that lead to the procedure. All academic mentioned know the importance of preventive gynecological examination even if not all realize it periodically.

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INTRODUCTION

The cervical cancer of the uterus is attention being targeted by the scientific community to occupy a prominent place in the high rates of morbidity and mortality among women, especially in developing countries, where this type of cancer is related to the epidemiological profile women with the frequency of risk factors and, above all, the degree of implementation of effective actions in the short and long term at all levels of care (Gerting *et al.* 2013). This condition affects women worldwide, with an estimated 530,000 new cases and approximately 265,000 deaths each year (WORLD HEALTH ORGANIZATION, 2012). The main change that can lead to this cancer is infection by the human papilloma virus (HPV) which is considered a very common viral infection that affects on average 80% of women. Types 16 and 18 of HPV are those that most affect women, lesions may be single or several, of varying sizes also known as condylomata acuminata, genital warts or cockscomb, may appear on the vulva, perianal region, perineum, vagina and cervix (Ghartey *et al.*, 2014).

In the face of high mortality rates related to HPV infection, the National Policy for Health Promotion aims to promote the quality of life and reduce health risks related to their determinants (behavioral and environmental factors) (INCA, 2010). Among the strategies for the prevention of cervical cancer in Brazil, the Ministry of Health (MOH) highlights the Pap test as a tool for reducing incidence and mortality rates (Ministry of Health, 2016). The periodicity of conducting the preventive examination of the cervix, established by the MS in accordance with the recommendations of major international programs, states that the Pap test should be performed in women 25-64 years old, once a year, and after two negative consecutive annual examinations every three years (Ministry of Health, 2011). This study aimed to contribute to nursing care and help in the improvement of prevention and control of cervical cancer and reduce mortality from a relatively common disease that can almost always be avoided. Given these considerations, it ensures objective know the membership of academic nursing the preventive pap smear.

MATERIALS AND METHODS

This was a descriptive exploratory study of quantitative trait performed with 1 to 8 nursing academic semester Fortaleza-Ceara. The sample consisted of 89 students who beheld the adopted inclusion criteria: be 18 years or older, have initiated sexual activity, being a student of the nursing course and agreed to participate. It was explained that participation in the study was free and that the refusal to participate in the survey will not cause you any harm. For those who agreed to participate in the study was formalized their participation by signing the Informed Consent and Informed. The ethical principles of privacy, confidentiality and secrecy in not identifying data of the collaborators and freedom of participation were respected. They are constituted as exclusion criteria: women hysterectomy. Regarding discontinuance criteria, these consisted of withdrawal from academic to participate in the study after beginning of data collection and death. This study raised additional data regarding the coverage of prevention gynecological examination in order to identify the reasons why these women not to perform this examination, through a questionnaire containing sociodemographic, clinical and questions related to the procedure. For the data analysis and the preparation of tables and graphs we used the computer program Windows Office Excel 2007. Data presented in tables and graphs. The study was approved by the Ethics Committee on Human Research, according to the norm for the research contained in 466/12 of the National Health Council (Ministry of Health, 2016), in the opinion number: 2424826.

RESULTS

After the sample analysis, it was distributed socioeconomic and demographics of participants, as shown in Table 1. In relation to alcohol consumption 76 (85.3%) did not ingested alcohol in the last week before the interview and 5 (6.7%) drink at least once a month, equaling the same amount of academic who ingest alcohol less than once a month 5 (6.7%). Only 1 (1.1%) not reported. Regarding the use of illegal drugs, 84 (95.5%) did not consume any type of drug, 3 (3.4%) make use of marijuana and 1 (1.1%) make use of other drugs. The variable no use of tobacco smoke most 85 (96.6%), with only four (3.4%) and smoking.

Table 1. Socioeconomic and demographic variables

Socio demo graphic variables	Category	No. (%)
Age years)	18-39	81 (91.0)
	40 or more	8 (9.0)
Number of persons residing in the same household	≤ 3	52 (58.4)
	> 3	37 (41.5)
self-reported skin color	White	13 (14.6)
	black	8 (9.0)
	Yellow	3 (3.4)
	brown	63 (71.0)
	Indigenous	2 (2.2)
Family income (minimum wage)	1	21 (23.5)
	1 to 3	32 (36.0)
	> 3	13 (14.6)
	Uninformed	23 (25.8)
marital status	Without a partner (a)	53 (59.5)
	With partner (a)	36 (40.4)
Children	Yes	32 (36.0)
	Not	57 (56.1)
Religion	Yes	83 (93.2)
	Not	6 (6.7)
Occupation	works	55 (61.7)
	Does not work	34 (38.2)

Search: Fortaleza, Ceará, Brazil, 2017.

Table 2 relates to sexual and reproductive data of the interviewed academic. It was found that most 85 is straight (95.5%) have active sex life 73 (83.1%) and a partner in the past six months 67 (76.4%), do not use condoms in all sexual relations 37 (41.5%) and used the oral method as contraception 23 (26.9%). On the first sexual intercourse, a large percentage had their first intercourse between 15 and 18 62 (70.7%). Regarding the prevention of gynecological cancer data and history sexually transmitted infection (STI) showed that the 62 (70.7%) has conducted the examination of the Pap smear, and a lower percentage never realized this exam 25 (28.0%). Regarding the history of gynecological cancer and other data as Table 3.

Table 2. Sexual and reproductive data

Variables	Category	N (%)
Sexual orientation	Heterosexual	85 (95.5)
	Homosexual	0 (0)
	Bisexual	3 (3.4)
	Uninformed	1 (1.1)
Sexually active	Yes	74 (83.1)
	Not at the moment	15 (16.8)
First sexual intercourse Age (Years)	<15	13 (14.6)
	≥ 15	37 (41.5)
Sexual partners in the last six months	1	68 (76.4)
	≥ 2	3 (3.4)
	none	16 (17.9)
	Uninformed	2 (2.2)
Age 1st intercourse	Below 15 years	7 (7.8)
	Between 15 and 18	63 (70.7)
	Above 18 years	8 (8.9)
	She did not report the age of the 1st relationship	11 (12.3)
Lives with her partner	Yes	46 (51.6)
	Not	38 (42.6)
	Uninformed	5 (5.6)
Condom use	Yes, in every relationship.	26 (29.2)
	Yes, if necessary	19 (21.3)
	Not	37 (41.5)
	Uninformed	7 (7.8)
Use contraception	Yes	53 (59.5)
	Not	34 (38.2)
	Uninformed	2 (2.2)
	Oral	24 (26.9)
If "YES" Method used	injectable	15 (16.8)
	IUD	3 (3.4)
	Diaphragm	0 (0)
	Condom	9 (10.1)
	combined	1 (1.1)
	Others	0 (0)

Search: Fortaleza, Ceará, Brazil, 2017.

DISCUSSION

It was found that many women participating in the study were in the reproductive phase and within the age group most vulnerable to the risk factors for cancer of the cervix. In Brazil, there is the presence of precursor lesions of cervical cancer in women aged less than or equal to 25 years, especially adolescents, suggesting thus the need for evaluation of these cervical changes among younger women (Borges, Dotto, Koifman, Cunha and Muniz 2012). Regarding skin color, research conducted in the United States pointed out that cervical cancer is diagnosed at a stage located more often in white women (49%) than in black women (39%), but there is evidence of higher mortality among women black (American Cancer Society, 2014). In the present study was predominance of women mulatto research participants. The main risk reduction behavior is to use male and female condoms in sexual relationships because they decrease by more than 80% the risk of infection by HPV (INCA, 2012).

Table 3. Data Prevention of Gynecological Cancer and sexually transmitted infection history

Variables	Category	N (%)
Held ever cancer prevention before?	Yes	63 (70.7)
	Not	25 (28.0)
	Do notknow	1 (1.1)
	Uncertainty related to the examination	1 (1.1)
If "NO" which carries no reason it?	Lackofinterest	3 (3.4)
	Lackof time	10 (11.2)
	It does not present symptoms	5 (5.6)
	Lackofresources	0 (0)
	Difficulty of access to the exam	1 (1.1)
	Lackofguidance	1 (1.1)
How long you held the last prevention?	Otherreasons	4 (4.5)
	Lessthanoneyear	54 (60.6)
	2 yearsago	11 (12.3)
	From 3 to 5 years	6 (6.7)
	More than 6 years	4 (4.5)
History of Gynecological Cancer in the family?	He neverheld	14 (15.7)
	Yes	13 (14.6)
	Not	60 (67.4)
	Do notknow	7 (7.8)
Showed some changes in the last examination of prevention?	Didnotanswer	9 (10.1)
	Yes	4 (4.5)
	Not	72 (80.8)
Do youconsiderimportantexam	Didnotanswer	13 (14.6)
	Yes	78 (87.6)
	Not	0
	Didnotanswer	11 (12.3)

Search: Fortaleza, Ceará, Brazil, 2017.

The realization of the Pap smear is a preventive measure most adopted for cancer of the cervix, which is the main strategy for protection of women facing this disease. Studies show that in countries where coverage is greater than 50% mortality rates are less than three deaths per 100,000 women per year, and for those with coverage of more than 70%, this rate is equal to or less than two deaths per 100,000 women per year (Ministry of Health, 2013). This study demonstrates the risks that these women have to develop cervical cancer when they take measures such as the exam gynecological prevention every time they are given, to keep the use of condoms during sexual intercourse, avoid smoking, among others. Moreover, it was observed in this study, that even those women who never underwent the examination recognized the importance of prevention of uterine cervical cancer to prevent possible complications and better living conditions.

Conclusion

The resulted presented show that most academic surveyed are young women of reproductive phase. However, 24 (28%) never made, which shows that we should focus on greater disclosure and guidance about the importance of this examination, aimed at encouraging academic to conduct preventive examinations for cervical cancer. Regarding the reasons for not performing the examination, the majority reported lack of time, confidence in examination or have no symptoms that cause them to look for their achievement. We can also observe that 15 (14.6%) of women report having cancer cases in the family showing the risk for cancer of the cervix, since most makes use of oral contraceptives and does not use condoms, thus increasing the risk for contracting HPV.

The importance of further research on the subject, it is evident in this study, given that the number of cervical cancer has increased every year. From knowledge of why academic not to perform this examination, it was seen that it is necessary awareness about the importance of the examination of the Pap smear for the prevention of cervical cancer making it clear that all women 25 to 64 years should carry out preventive examinations within the period recommended by the MS so there is overcoming the obstacle factors and better understanding related to screening.

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