

Breast Cancer Awareness

<i>Business Purpose</i>	Breast Cancer is one of the most common cancers in women. 1 in 8 women will develop breast cancer in their lifetime, but if detected early, it can be treatable. Women need to be educated on breast cancer risk factors, signs and symptoms of breast cancer, and the importance of early detection through monthly breast self-exams, and yearly clinical exams or mammograms. Early detection results in breast cancer cases that can be treated before the cancer spreads to other parts of the body, resulting in longer life expectancy. The goal is for participants to take the information in the course and apply it to their own lives, by being able to recognize their own risk factors and symptoms of breast cancer, and be able to perform their own breast self-exam.
<i>Target Audience</i>	Women of any age who have a desire to learn more about breast cancer risk, early detection, and prevention.
<i>Training Time</i>	25 minutes
<i>Training Recommendation</i>	Participants should receive Breast Cancer Awareness training because of their possible vulnerability to being diagnosed with breast cancer at any age. The participants should also have a reference tool in the form of a PDF reminder of signs and symptoms of breast cancer and how to perform breast self-exams at home. Providing this training as E-Learning provides a consistent opportunity for women anywhere to take the course remotely at their convenience. Providing a PDF Infographic allows participants to have a guide to refer to when they are performing their breast self-exams at home.
<i>Deliverables</i>	<ul style="list-style-type: none"> ● 1 storyboard outlining the Breast Cancer Awareness E-Learning Course ● 1 e-Learning course <ul style="list-style-type: none"> ● Developed in Articulate Storyline ● Includes voice-over narration ● 2 knowledge checks ● Final assessment ● 1 PDF infographic outlining signs and symptoms of breast cancer, and how to perform a breast self-exam.
<i>Learning Objectives</i>	<p>By the end of the training, the learner will be able to:</p> <ul style="list-style-type: none"> ● Evaluate personal risk factors that can contribute to a breast cancer diagnosis. ● Recognize the signs and symptoms of breast cancer. ● Identify various ways to check for breast cancer. ● Describe how to perform a self-breast exam.

Training Outline

- **Welcome**
- **Navigation**
- **Intro: Dispel common myths about breast cancer**
 - User reads statements and checks box if statement is a fact.
 - Statements are reviewed, revealing which are facts and which are myths.

- **Learning Objectives**

- **Topic: Understanding Breast Cancer**

Click on the following buttons to reveal the information:

- What is cancer? Overview
 - Diagram of Cells showing the evolution of cancer in the cells.
- Common statistics about breast cancer for both men and women.
 - 1 in 8 women will develop breast cancer in her lifetime.
 - An estimated 43,600 women die from breast cancer every year in the United States.
 - 1 in 1,000 men will be develop breast cancer in his lifetime.
 - An estimated 530 men die from breast cancer every year in the United States.
- Genetic and Lifestyle Risk Factors
 - User can click on each genetic and lifestyle risk factor to learn more about it and evaluate which factors are relevant to them.
 - Genetic risk factors: Gender, Race, Age, Obesity, Personal health history, Reproductive history, Family history, Certain genome changes, Dense breast tissue
 - Lifestyle Risk factors: lack of physical activity, Poor Diet, Alcohol consumption, Taking combined hormone replacement therapy, radiation

After 3 sections are visited, user can move on in the course.

- **Knowledge Check:** What are the greatest risk factors for developing breast cancer?

- **Topic: Signs and Symptoms**

Click on each of the following which will lead to a different list of signs and symptoms.

- Changes in how the breast or nipple looks
 - Dimpling, scaly, red, swollen, ridges, pitting, enlargement of pores, inward/inverted nipple
- Changes in how the breast or nipple feels
 - Tenderness, thickening, itchiness, lumps
- Nipple discharge concerns
 - Milky, clear, or bloody

After 3 sections are visited, user can move on in the course.

- **Topic: Early Detection**

Click on each of the following buttons to reveal the information.

- Breast Self Exam
 - All women, Once per month, move fingers around, check underarm and upper chest, apply different levels of pressure, use a mirror to check for visual changes
- Clinical Exams
 - Women in 20s and 30s, performed by health care professional during annual exam
- Mammograms
 - Yearly, beginning at 40, x-ray performed by a specialist, can detect suspicious areas including lumps and microcalcifications

After 3 sections are visited, user can move on in the course.

- **Knowledge Check:** How often should women perform a breast self exam?

- **Topic: Healthy life Style Choices**

- 5 healthy life style choices to decrease breast cancer risk.
 - Balanced diet, healthy weight, active lifestyle, do not smoke, reduce alcohol consumption

	<ul style="list-style-type: none">● Breast Cancer Best Practices<ul style="list-style-type: none">○ Reminders about risk factors, early detection, and remaining body aware.● Summary<ul style="list-style-type: none">○ Review learning objectives.● Final Evaluation<ul style="list-style-type: none">○ Multiple choice and True False questions
<i>Assessment Plan</i>	80 % passing score on final assessment consisting of a combination of 5 multiple choice and True/False questions. User will have the opportunity to review incorrect answers and retake the assessment until a passing score is achieved.