

Title of Intervention: A Mouth Self-Examination Promotion Program

Intervention Strategies: Individual Education, Supportive Relationships

Purpose of the Intervention: To encourage high-risk individuals to perform oral cancer examination

Population: Community-wide

Setting: Village households in Kerala, India; community-based

Partners: Colleges in Central Kerala, the Regional Cancer Center

Intervention Description:

- Individual Education: Brochures that described the risk factors of oral cancer with pictures of malignant and precancerous lesions and methods of mouth self-examination (MSE) were prepared and distributed. The brochures were written in the local language, Malayalam.
- Supportive Relationships: Students were trained to describe the steps of MSE and to recognize lesions. The students encouraged tobacco users to quit and follow-up with their health care provider.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Students
- Training: Training for students
- Technology: Not mentioned
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Training, brochures
- Evaluation: Printed surveys

Evaluation:

- Design: Pilot, post-test only
- Methods and Measures:
 - Survey to determine the number of participants that read the brochures
 - Review of medical records to determine effectiveness of campaign

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: Acceptance of treatments increased in some participants.

Maintenance: Participants who visited the clinics and needed further treatment were examined by doctors from the Regional Cancer Center.

Lessons Learned: An intervention involving the encouragement of MSE can help detect disease early in high-risk people.

Citation(s):

Mathew B, Sankaranarayanan R, Wesley R, Nair MK. Evaluation of mouth self-examination in the control of oral cancer. Br J Cancer. Feb 1995;71(2):397-399.