

## Analisis metode peningkatan deteksi dini terencana kanker payudara di negara berpendapatan menengah ke bawah = Analysis of methods to improve planned early detection for breast cancer in low-and middle-income countries.

Ade Tzarina Prisella Purnamasari, author

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### Abstrak

Insidensi kanker payudara terus meningkat secara global setiap tahun. Di negara berpendapatan menengah ke bawah, meningkatnya insidensi ini diikuti dengan meningkatnya angka kematian akibat kanker payudara yang disebabkan oleh keterlambatan diagnosis yang sering terjadi, sehingga pengobatan dan perawatan kanker payudara tidak lagi efektif dilakukan. Pada penelitian ini dilakukan analisis metode peningkatan deteksi dini terencana kanker payudara yang telah dilakukan di beberapa negara berpendapatan menengah ke bawah dengan menggunakan systematic review. Systematic review dilakukan dengan melakukan identifikasi literatur dari Google scholar, ProQuest, ScienceDirect, Scopus, dan Pubmed dengan menggunakan kata kunci improve, early detection, screening, breast cancer, low middle-income countries, dan LMIC, lalu dilakukan pencarian lanjutan dengan teknik snowball dari literatur yang sudah didapatkan. Kriteria inklusi pada pencarian literatur adalah artikel full text berbahasa Inggris yang diterbitkan pada tahun 2010 – Juni tahun 2020 dan memiliki lokasi studi di negara berpendapatan menengah ke bawah. Sebelas artikel didapatkan dari pencarian dan proses seleksi menggunakan diagram alir PRISMA. Ditemukan 5 jenis program dalam upaya peningkatan deteksi dini kanker payudara di negara berpendapatan menengah ke bawah, yaitu program skrining berbasis populasi, program skrining oportunistik, program peningkatan pengetahuan dan kesadaran, program pengalihan tugas, dan pelaksanaan program nasional deteksi dini kanker payudara. Program-program tersebut diketahui berhasil meningkatkan deteksi dini kanker payudara pada latar negara berpendapatan menengah ke bawah. Program peningkatan pengetahuan dan kesadaran, dan program pengalihan tugas dinilai sebagai program yang paling sesuai untuk dilaksanakan di negara berpendapatan menengah ke bawah. Meski begitu, perlu dilakukan pilot studi dan evaluasi biaya untuk melihat keefektifan program deteksi dini ini.

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Incidence of breast cancer keeps increasing globally every year, and in low-and middle-income countries it followed by increased mortality rate. This phenomenon could be associated with late-stage diagnosis that made treatments no longer effective. This study aimed to analyse methods to increase early detection for breast cancer that has been done in several low-and middle-income countries by using systematic review. Systematic review was carried out by identifying literatures from online databases such as Google scholar, ProQuest, ScienceDirect, Scopus, and Pubmed using “improve”, “early detection”, “screening”, “breast cancer”, “low middle-income countries”, and “LMIC” as keywords, and followed by manually searching literatures using snowball technique from the literatures that had been identified earlier. Inclusion criterias in this study were English full text that were published between 2010 – June 2020 with low-and middle-income countries setting. Eleven articles were obtained using PRISMA flow diagram and 5 types of programs were found to increase early detection for breast cancer in low-and middle-income countries; population-based screening program, oportunistic screening program, program to improve knowledge and

awareness about breast cancer and early detection, task shifting program, and implementation of national breast cancer early detection program. These programs were known to be able to improve early detection in their respective study location. Improving knowledge and awareness, and task shifting program were the most suitable program to be executed in low-and middle-income countries setting. These countries shall do some pilot studies and cost evaluation to identify and analyse the effectivity of these programs before implementing it widely.