

Research Article

Effectiveness of a Community Health Worker-Led Intervention on Knowledge, Perception, and Prostate Cancer Screening among Men in Rural Kenya

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Background. Globally, an increase in mortality from prostate cancer (PC) remains a big challenge with disparities existing with a slight preponderance among men in low and middle-income countries. Prostate cancer is a leading cause of mortality among men in sub-Saharan Africa. In Kenya, despite the majority of men presenting with advanced prostate cancer for treatment, knowledge and screening for prostate cancer is low. The study aimed to examine the effectiveness of a community health worker-led education intervention on knowledge, perception, and PC screening. **Methods.** This was a quasiexperimental study among Kenyan men aged 40–69 years. The intervention site was Gatundu North subcounty and the control site was Kiambu subcounty in Kiambu County. Stratified random sampling was applied to select 288 respondents per arm of the study. We used a pretested interviewer-administered questionnaire to collect data at baseline and 6 months postintervention. Pearson's chi-square test was used for data analysis. **Results.** Awareness of prostate cancer significantly increased postintervention ($P < 0.05$). The proportion of respondents who had good knowledge of prostate cancer increased significantly from 49% to 76.4% ($P < 0.05$) in the intervention arm. The proportion of respondents with a high perception of self-vulnerability increased significantly from 26% to 42.1% ($P < 0.05$). The proportion of men who had undergone PC screening significantly increased from 4.5% to 20.4% ($P < 0.05$) in the intervention arm. In postintervention, there was a statistically significant difference in the proportion of men screened for prostate cancer in the intervention and control arm ($P < 0.05$). **Conclusion.** Health education by community health workers during household visits increased awareness and knowledge, perception, and uptake of PC screening. Utilization of community health worker delivered education is an effective strategy that requires to be adopted to enhance screening.

1. Introduction

Globally, the increase in mortality from prostate cancer (PC) remains a big challenge with disparities existing with a slight preponderance among men in low and middle-income countries. Prostate cancer is the leading cancer among males in sub-Saharan Africa (SSA) and is estimated to have contributed to 40,051 deaths and 77,295 new cases in 2020. The higher mortality rates reported in SSA in comparison to other continents are estimated to double by the year 2040 [1]. The disparity in mortality may be attributed to rising

incidence, limited access to screening and treatment, and socioeconomic and cultural dynamics in existence [2]. The age-adjusted death rate is 24.17 per 100,000 of the population while the estimated average survival rate of men in SSA is 55.3%. A majority of the patients present in advanced stages has contributed to decreased survival rates [3]. The Global Burden of Disease study 2017 estimated that disability-adjusted life years from PC increased by 127.2% from 1990 to 2017 in SSA [4]. The burden of PC cancer in Kenya just like other African countries is on the rise as it was ranked as the most common cancer among males at a 5-year (all