

Wellness Project: The Implications of Breast and Testicular Self Exam to Dimensions of Wellness

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Submitted to Katelyn Dillon for HLTH-101



Summary

This project details correlations between the practice of breast and testicular self exam and improvement in an individual's dimensions of wellness. Project research indicates that self-exam can contribute to positive outcomes in multiple dimensions of wellness including physical, emotional, social, and financial. Self-exam can be a source of early detection of both breast and testicular cancers. The emotional wellness of an individual, defined by the course text as "coping effectively with life and expressing emotions in an appropriate manner," benefits from self-exam in two ways: proactively trying to prevent long-term illness stress and contributing to overall positive mental health. In terms of social wellness, "Developing a sense of connection, belonging, and sustained support system; having positive relationships," becomes a part of self-checking when one encourages others to do so according to Disease Prevention and Healthy Lifestyles. Sharing information and accountability for self-check promotes a healthy community. Additionally, decreasing the potential for unexpected expenses due to acute or long-term illness has clear benefits to one's financial wellness.



General Education Connections

Communicate ideas in written, oral, and other modes as appropriate to an situation and audience. | Evaluate sources of information for accuracy, relevance, and reliability. | Employ various thinking strategies to develop well-reasoned judgments. | Use technology tools to manage, integrate, and evaluate digital information. | Cultivate intellectual and ethical practices that promote the wellness of self, community, and environment.

Completing the signature assignment required me to strategize my approach, find relevant studies that supported my claim that self exam improves multiple dimensions of wellness, and present the information with visual media. To make my research and presentation relevant to the college audience, I found research supporting the risk to young adults. Using the library research databases, I was able to limit my research to scholarly sources based upon studies performed with scientific method. In my research, I found potential to improve my personal wellness through self exam. For my classroom community there is potential to improve wellness by creating a convincing presentation that underscores the importance of self exam for our demographic.

Challenges

The challenge during my assignment was in compiling research to present in a convincing way to my fellow students. The careful and detailed annotation of each scholarly resource, as required by the assignment, provided me with a structure to present compelling points in my presentation. With the assistance of online tools, I don't feel as if I had any unanswered challenges in this assignment. I feel my intellectual growth in navigating and synthesizing research will serve me well in creating information to improve wellness in my local community and beyond.

Application

In the field of exercise science, successfully understanding research and applying it in practice is vital. Clients depend on me as a professional to provide effective, fact based advice to improve their wellness. The opportunity to complete assignments that explore wellness in the course of my study and present them in ways that could be shared with a potential client provides readily available tools for immediate application in my scope of practice. The process of completing this assignment provided a foundation for answering client questions as they arise. Fact based research will make me a more valuable participant in the allied health continuum.