



## BREAST SELF-EXAMINATION (BSE); KNOWLEDGE, ATTITUDE AND PRACTICE AMONG POST RN NURSING STUDENTS IN LAHORE

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**ABSTRACT... Background:** Breast is a very vital organ of a female's body and females are very conscious about it as they will be depressed if they have any disease or illness related to this organ. So prevention of diseases related to breast is very important. One of the vital screening techniques for early detection of breast cancer is Breast self-examination, thus knowledge and consistent practice can protect females from severe morbidity and mortality of breast cancer. **Objective:** To assess the knowledge, attitudes and practices regarding breast self-examination (BSE) among Post RN nursing students in Lahore. **Study Design:** Cross sectional stud design and stratified random sampling technique was used. **Setting:** Lahore school of nursing, The University of Lahore and Saeeda Waheed College, Fatima Memorial Hospital Lahore. **Period:** February 2015 to June 2015. **Methods:** Close ended questionnaire was used. Data was collected from post RN nursing students of Saeeda Waheed College and The University of Lahore. Data was analyzed by using SPSS version 20. **Results:** The responder knowledge of breast cancer and breast self-examination was (100%). 66.7% subjects said an ideal technique of doing breast self-examination is inspection and palpation both. 61.5% said breast self-examination done by palpate with minimum of three fingers. 42.3% said yes Because, I don't think it is important. 34.6% subjects said they have performed breast self-examination before and 65.4% no performed breast self-examination. **Conclusion:** This study showed that nurses have knowledge regarding Breast Self-Examination but do not show positive attitude toward Breast Self-Examination. This study also shows that nurses do not practicing of Breast self-examination.

**Key words:** Knowledge, Attitude, Practice, Breast Cancer, Breast Tumors, Breast Self-Examination

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### INTRODUCTION

Breast is a very vital organ of a female's body and females are very conscious about it as they will be depressed if they have any disease or illness related to this organ. So prevention of diseases related to breast is very important.<sup>1</sup>

For early identification of breast cancer Breast Self-Examination (BSE) is an important and inexpensive method. Breast Self-Examination (BSE) is the examination done by individuals to help identify any abnormality within the breasts. It involves visually and by hand examining the breasts. It should be done at the age of 20 years and monthly; rather a few days after an individual's menstrual period when the breasts are slight swollen. Breast Self-Examination (BSE) involves a process whereby women inspect

their breasts regularly to detect any abnormal swelling and ready for taking medical care. For the early recognition of breast cancer, Breast self-examination is a useful tool.<sup>2</sup>

Brest self-examination is most important skill in prevention of breast cancer and by performing it regularly women can save themselves from getting this disease and death can prevented too. It is very simple, requires no instrument and easily performed by every woman. Early diagnosis is important for effective treatment and long term survival in breast cancer. Knowledge also plays an important role in improvement of health seeking behavior. knowledge and practices of breast self-examination are play an important role in early detection of breast cancer.<sup>3</sup>

According to Muhammad one of the vital screening techniques for early detection of breast cancer is Breast self-examination, thus knowledge and consistent practice can protect females from severe morbidity and mortality of breast cancer. The process still simple, non-invasive requiring little time, can only be practiced or performed with the right attitude to sustain it and attain the desired goal.<sup>3</sup>

In female overall Breast tumor is the commonest malignancy. To diminishment the heap of breast tumor, the best approach is in avoidance. For discussing about a private issues like breast growth in our general public a Nurse is best suitable in the event that she is very much educated and proficient herself.<sup>4</sup>

Breast tumor is the commonest life-debilitating growth in females over the world. Predictable breast self-examination is a novel system for ahead of schedule identification of this tumor which is results may enhance the rates for long term survival.<sup>5</sup>

A study done in nursing understudies of Lagos University Teaching Hospital, Nigeria by Basseyy exhibited that information of respondents with respect to cancer of breast and breast self-examination was high (97.3%); 85.6% knew how to perform breast self-examination appropriately. Greater part got their data from TV/ radio which are 58.6%. The respondent's knowledge's to breast self-examination was great, the greater part of the respondents, 98.5% said breast self-examination was key and fundamental and breast self-examination before 84.3% did. Practice of breast self-examination was additionally great with 80.2% of the respondents bring out breast self-examination routinely.<sup>6</sup>

Different studies showed that women who practice BSE monthly with correct method are able to find a lump in its stage and this early diagnosis has been found to have a positive influence on management to have a better survival rate.<sup>7</sup>

## MATERIAL AND METHOD

The design of this study is cross sectional.

Stratified random sampling technique is used for this study. Post RN nursing Students of Lahore are the target population. Study area of this study is Lahore school of nursing, The University of Lahore and Saeeda Waheed College, Fatima Memorial Hospital Lahore. Study duration start from February 2015 to June 2015. Post RN nursing Students of 2<sup>nd</sup> Years are included. Diploma and generic nursing students and 1<sup>st</sup> Years students are excluded from the study. Sample Size calculated by using Slovin's formula is used to calculate an appropriate sample size from a population which is 78 with margin of error =  $e = 0.05$  (If we take confidence interval 95%) Research tool Close ended questionnaire are used concerning knowledge, attitude and practice regarding Breast Self-Examination. The data is analyzed by using Statistical Package for Social Sciences (SPSS) version 20.

## RESULTS

Knowledge regarding Breast Self-Examination: Our result shows that 100% subject said that they have heard about breast cancer. 100% subject said that they have heard Breast self-examination. Responses to this question that how did you hear about it 3.8% subjects hear from home, 73.1 hear about peer group, 21.8 hear from television/ radio and 1.3% hear though newspaper shows in the responses to this question that which is an ideal technique of doing breast self-examination are 6.4% responder said inspection, 26.9% said palpation and 66.7% said both shows in Figure-1. 33.1% said breast self-examination done by palpate with one finger, 5.1% said palpate with palm and 61.5% said palpate with minimum of three fingers. These results shows that responder have Knowledge regarding Breast self-examination shows in Figure-2.

Responses to this question that do you think breast self-examination is necessary 56.4% said yes and 43.6% said no. 34.6% responder said they performed breast self-examination before and 65.4% said no. 65.4% subjects should not performed breast self-examination is Because, we don't know how to do it 33.3% said yes and 32.1% said no. 42.3% said yes Because, I don't think it is important and 23.1% said no. Responses

to this question Because, I am scared of being diagnosed with Breast Cancer are 20.5% said yes and 44.9% said no.

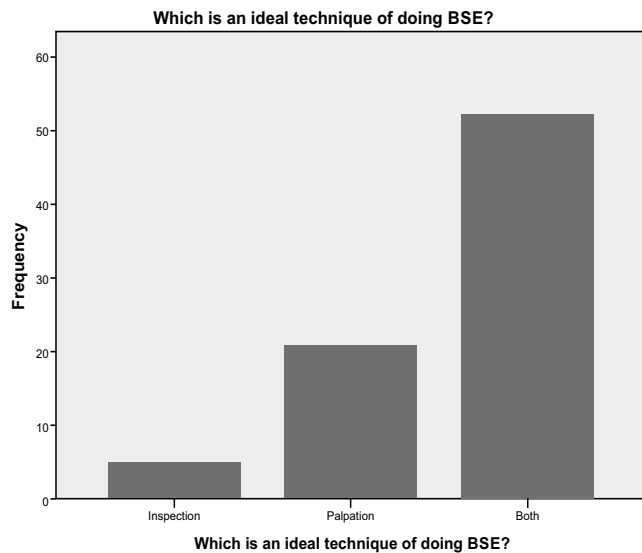


Figure-1. Shows knowledge regarding breast self-examination

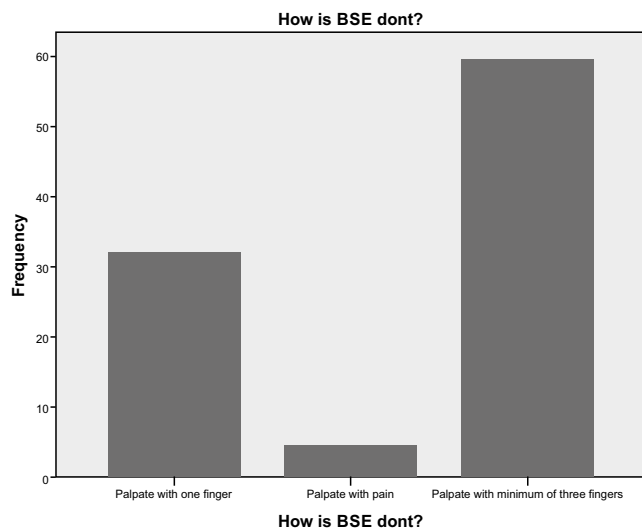


Figure-2. Shows knowledge regarding breast self-examination

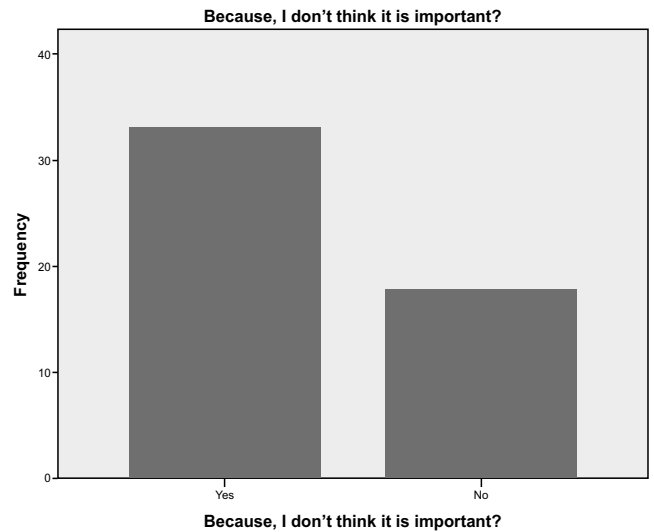


Figure-3. Regarding attitude toward breast self-examination

Our results show that 34.6% subjects said they have performed breast self-examination before and 65.4% subjects said no shows in Table-I. Responses to the question when was the last time you performed breast self-examination are 12.8 performed less than a week ago, 19.2% performed less than three to six month and 2.6% performed less than one year. Responses to this question what time do you normally performed 29.6% performed in morning, 2.6% performed in afternoon and 21.8% performed in evening.

Do you perform BSE before?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	27	34.6	34.6	34.6
	No	51	65.4	65.4	100.0
	Total	78	100.0	100.0	

Do you perform BSE before?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	27	34.2	34.6	34.6
	No	51	64.6	65.4	100.0
	Total	78	98.7	100.0	
Missing	System	1	1.3		
Total		79	100.0		

Table-I. Demonstrated practice of Breast Self- Examination

## DISCUSSION

Our study consequences of learning of breast malignancy and breast self-examination are high (100%) like a study led in nursing understudies of Lagos University Teaching Hospital, In which the respondent's information of bosom growth and breast self-examination was high (97.3%). Reactions to this question that how could you have been able to you find out about it 3.8% subjects get notification from home, 73.1 catch wind of companion gathering, 21.8 get notification from TV/radio and 1.3% hear however daily paper our outcomes is inverse to the study directed in nursing understudies of Lagos University Teaching Hospital in which 37.1 % of the respondents had gotten their data from daily papers, 58.6% from TV/ radio, 25% from their associate gathering and 23% from home.<sup>8</sup>

Reactions to this question what is a perfect skill of doing breast self-examination are 6.4% responder said investigation, 26.9% said palpation and 66.7% said both. Our outcome finding is like a study led among medical caretakers of United Arab Emirates concerning breast self-examination system 68.8% realized that both review and palpation were the perfect strategies to identify any adjustment in the bosom. Then again, 29.9% opined that just palpation is the bosom self-examination procedure. 1.3% opined that just examination of breast is the perfect system to perform BSE.<sup>9</sup>

33.1% said breast self-examination done by palpate with one finger, 5.1% said palpate with palm and 61.5% said palpate with least of three fingers consequence of this inquiry is like the study directed in nursing understudies of Lagos University Teaching Hospital, According to 10.2% said bosom self-examination done by palpate with one finger and 85.6% known breast self-examination done by palpate with least of three finger of palm. Breast self-examination is necessary 56.4% said yes this finding is similar to the study conducted in nursing students of Lagos University Teaching Hospital in which most of the respondents, 98.5% thought breast self-examination was necessary. 34.6% responder

said they performed breast self-examination before and 65.4% said no this finding is inverse to the study led in nursing understudies of Lagos University Teaching Hospital in which 84.3% performed breast self-examination before.<sup>8</sup>

34.6% responder performed because they really care about breast is similar to a study conducted in among Women in a Suburban Area in Terengganu, Malaysia<sup>7</sup> 34.6% responder said they performed bosom self-examination before and 65.4% said no this finding is inverse to the study led in nursing understudies of Lagos University teaching Hospital in which 84.3% performed breast self-examination before. 65.4% subjects not performed breast self-examination is because Responder shows a not positive attitude as they not performed in which 33.3% said I don't know how to do it. 42.3% said Because, I don't think it is important and. Responses to this question Because, I am scared of being diagnosed with Breast Cancer are 20.5% said yes is opposite to the study conducted in nursing students of Lagos University Teaching Hospital in which Most of the respondents, 87.5% of whom had not carried out breast self-examination said they did not know how to do it, only 3.3% scared of being diagnosed with breast cancer. Response to the inquiry when was the last time you performed breast self-examination are 19.2% performed under three to six month is like the study directed in nursing understudies of Lagos University Teaching in which 35.7% performed under three to six months back. Reactions to this inquiry what time do you ordinarily performed 29.6% performed in morning is like the study led in nursing understudies of Lagos University Teaching in which the greater part of the respondents, 69% did bosom self-examination in the morning.<sup>8</sup>

## CONCLUSION

This study showed that nurses have knowledge regarding Breast Self-Examination but do not show positive attitude toward Breast Self-Examination. This study also shows that nurses do not practicing the Breast self-examination.

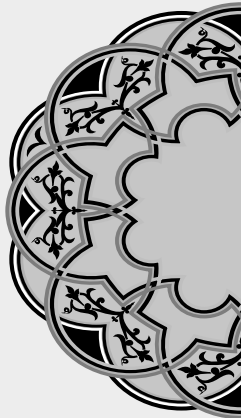
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## PREVIOUS RELATED STUDY

Zehra Parvani. BREAST SELF EXAMINATION; BREAST AWARENESS AND PRACTICES OF SYSTEMATIC REVIEW (Original) Prof Med Jour 18(2) 336-339 Apr, May, Jun 2011.



*“Be selective in your battles.  
Sometimes peace is better than being right.”*

Unknown

## AUTHORSHIP AND CONTRIBUTION DECLARATION

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