BREAST SELF EXAMINATION AWARENESS AND PRACTICE AMONG FEMALE NURSES IN BAHAWAL VICTORIA HOSPITAL BAHAWALPUR

Abdul Rehman Tahir, Asia Aziz, Hafiz M Atif

ABSTRACT

Background: Knowledge about the early diagnosis of breast cancer world help in early diagnosis and treatment. Objective: To evaluate the knowledge and practice of nurses about breast self examination BSE in BVH, Bahawalpur, Pakistan. Methodology: This cross sectional study was conducted at Bahawal Victoria Hospital, Bahawalpur from 20th April to 20th May 2017. Study comprised of total 100 female nurses selected randomly. The tool for data collection was pre designed, pretested,structured and self administered questionnaire to collect the information from constituted study population. The data analyzed by using SPSS version 20. Results: Out of 100 respondents 98% has knowledge about BSE. Breast self examination was performed by 47%. Conclusion: Knowledge and practice of BSE in the female nurses of BVH, Bahawalpur was satisfactory. Keyword: Breast self Examination, breast cancer, Lump screening.

INTRODUCTION

Women's longevity can be threatened by delayed diagnosis of breast cancer. Breast cancer is the most common malignancy and its incidence is on rise in world especially in developing countries which comprises 18% of all female cancers. The awareness of Breast cancer preventive methods is crucial in reduction of disease incidence. Breast self examination (BSE) is a simple, inexpensive, safe examination method, which require no invasive intervention and protect women's privacy and can be done at home. BSE is reported to be having reasonable sensitivity and specificity so that early diagnosis of breast lump can be done for improved survival. Participants who performed monthly BSE reported that they feel more comfortable and has better sensitivity and specificity. This study was conducted to assess the knowledge and practices of breast self examination among nurses at Bahawalpur Victoria Hospital, Bahwalpur.

METHODOLOGY

This cross-sectional study was conducted from 20 April to 20 May 2017 in all the wards of Bahawalpur Victoria Hospital, (BVH) Bahawalpur. Study population consisted of 100 nurses. To reach the required sample size simple random sampling was done out of 600 nurses, 100 willing female nurses of all ages, working in various wards of the BVH, Bahawalpur were included. Data was collected by introducing a predesigned and pretested Questionnaire.
specific time. Nice percent did not know about this. 32% of respondents performed BSE during night, 23% at no specific time, 19% during morning, 15% during evening and 11% during bathing. Of 70% respondents who knew about BSE; 37% respondents said that it should be performed daily, 37% were in the favour of weekly examination, 22% monthly and 4% fortnightly. 47% showed satisfactory response and 53% showed poor response regarding practice of BSE. (Figure I) it was noted that 38% of respondents performed BSE monthly, 34% weekly, 15% daily, 9% fortnightly and 4% yearly.

**Table II: Response regarding the knowledge of BSE according to the year of education the nurses**

<table>
<thead>
<tr>
<th>Sr No.</th>
<th>Designation</th>
<th>Total no of nurses</th>
<th>Response Satisfactory (%)</th>
<th>Poor (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>First year students</td>
<td>12</td>
<td>98</td>
<td>2</td>
</tr>
<tr>
<td>2.</td>
<td>Second year students</td>
<td>14</td>
<td>100</td>
<td>0</td>
</tr>
<tr>
<td>3.</td>
<td>Third year Students</td>
<td>10</td>
<td>100</td>
<td>0</td>
</tr>
<tr>
<td>4.</td>
<td>Fourth Year students</td>
<td>33</td>
<td>100</td>
<td>0</td>
</tr>
<tr>
<td>5.</td>
<td>Staff nurse</td>
<td>14</td>
<td>100</td>
<td>0</td>
</tr>
<tr>
<td>6.</td>
<td>Incharge nurse</td>
<td>17</td>
<td>100</td>
<td>0</td>
</tr>
</tbody>
</table>

**DISCUSSION**

In this study although 98% of the nurses has appropriate knowledge about BSE but it was practiced by only 47%. In another study conducted in Saudi Arabia, 81% of women had knowledge and 66% of them practiced it. The difference may be due to higher education level and health consciousness in female nurses of Saudi Arabia as compared to their counterparts in BVH, Bahawalpur.

Buddon, reported in his study that 96% of the nurses practised BSE during a year but only 46% had performed regularly as once per month. One study from Iran revealed that more than 70% of the nurses were aware of BSE as for as its knowledge is concerned and had strong belief that it had definitely beneficial effects. Inspite of having knowledge only 6% of them were practising BSE regularly. This study showed that lump in the breast was a causative factor of breast cancer which was reflected on its significant correlation with BSE practice. But in a study conducted in Saudi Arabia nipple discharge was considered to be a factor for its causation. Premenopausal factor was found to be major etiological factor as more than 50% of the ladies with breast cancer diagnosed annually were premenopausal, creating the need to initiate breast cancer screening programmes and educational efforts in this group of population. These efforts include regular and correct BSE, reducing delay after finding suspicious findings, reducing delay by physician in referring suspicious cases, reducing women's delay after referral, teaching the surgeons to do breast examination correctly and reducing their delay in starting treatment. BSE is inexpensive, non-invasive, involves litter time and physical energy, is simple and can be performed with out professional help, however, the effectiveness of BSE remains controversial. Medical professionals know about the causes of diseases and have much more training to recognize the warning signs of the disease From a review of literature from different studies it is evident that BSE functions as an effective preventive health behavior and that beliefs and behaviors associated with breast cancer, vary widely regarding ethnicity, age, education and socioeconomic status.

**CONCLUSION**

This study showed that Knowledge and practice of BSE among the female nurses of BVH Bahawalpur is satisfactory. To improve the awareness and change
the attitude of young women, sensitizing campaign using the audiovisual media should be intensified. It is necessary to perform educational interventions so that BSE could be performed correctly.

REFERENCES
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