

"Evaluation of Undergraduate Female Nursing Collegians' Knowledge about Breast Self-Examination"

Ahmed T. Saud, MSc* Alyaa H. Ali, MSc*

ABSTRACT

Background: Breast self-examination is easy, non-intrusive time- and money-consuming to perform, and it can be done by older as well as younger women. Cancer risk is increased for women who don't undertake BSE. Breast cancer comes in second as the most common illness in women.

Objectives: to evaluate the nursing students' understanding of breast self-examination.

Methodology: Between November 1st, 2021, and April 1st, 2022, a descriptive and probability study involving (120) female students at the university of Basrah's nursing college was performed. A questionnaire designed to achieve the study's objectives was used to gather data. It has two parts: the first asks about sociodemographic information, and the second gauges respondents' knowledge of breast self-examination and their awareness of the topic. To evaluate the data, descriptive and inferential statistics were employed.

Results: Most of the investigation's samples are within the years of 21 and 24, and many of them are single, most are at stage 3, and the bulk don't have any ancestors who have had cancer, according to the study's findings, that the majority of them don't regularly self-examine their breasts, that they live in cities, and that books were their main source of data.

Conclusion: Breast self-examination was not well understood by the majority of female nursing trainees.

INTRODUCTION

With 8.2% of all deaths in 2012 attributed to cancer, it is the top cause of death globally. A most prevalent form of cancer amongst women is breast, affects countries at all phases of modernization and claims the lives of a large number of women annually^{1,2}. (BSE) is a diagnostic technique used to try and find breast cancer early on. The procedure entails the woman herself touching each breast for any potential lumps, asymmetry, or swelling^{3,4}. Around the world, breast cancer claims the lives of over 500,000 women each year. The bulk of those with breast cancer in low-resource environments are found to have advanced disease; their odds of surviving five years are low, ranging from 10% to forty percent. In regions with simple access to screening as well as basic medical care, more than 75% of individuals suffering from early-stage localized breast cancer live for 10 years^{5,6}. Breast self-examinations performed for the purpose of breast awareness help people understand the ordinary feel and appearance of their breasts because breast cancer is thought to be an incurable tumor with an adverse outcome if found late⁷. Women's lack of understanding and erroneous assumptions concerning how to avoid cancer of the breast add to the fallacies about the prevention of cancer and the effectiveness of testing for it. Thus, it is crucial to gauge how much our societies are aware of BSE in relation to breast cancer⁸.

MATERIAL AND METHODS

To assess the knowledge of (120) students "college of nursing at the University of Basrah" addressing breast self-examination, a descriptive

research design was used. From November 1st, 2021, to April 1st, 2022, the investigation was performed at the school of nursing in Al-Basrah City. The research sample 120 female nursing students from Al-Basrah city's nursing college participated in the probability (simple random sample) investigation to assess their "knowledge of breast self-examination". The study's tool was a questionnaire designed to assess female nursing students' understanding of breast self-examination for the current study's purposes. The research device was divided into two parts and distributed as follows: Section One: personality Details "Age, marital status, address, academic stage, family history of breast cancer, regularly conducting breast self-examination, and information resource are some of the socioeconomic factors of the study group that are identified". Second segment: female pupils Understanding of breast self-examination: The answers to the questions in this section, which involve "knowledge of breast self-examination and this domain, are I know. (Correct response, earned 2), or I'm not sure (incorrect answer, scored 1) contains (20) things". Following receiving original permission from every learner to engage in the study and clarification of the investigation's objectives, the researcher assumed complete responsibility for questioning the study collection. A form that was created was used to collect the data. between January 1 and January 30, 2022, data was collected from the study sample. The questionnaire had to be completed and turned in by each pupil within 10 to 15 minutes. A statistical evaluation was carried out on the information using SPSS version 27^{9,20}.

* Assistant Lecturer
University of Basrah
College of Nursing
Iraq.
E-mail: alyaa.ali@uobasrah.edu.iq

RESULTS

Table 1: Female students' understanding of self-examination

No.	Items	I know	I don't know	M.S
1	A female conducts an internal breast exam.	89	31	1.74
2	Breast self-examination (BSE) is primarily done as a practice that can save lives. It is our most effective line of defense against breast cancer.	90	31	1.76
3	If desired, women can begin breast self-examination sooner than the recommended age of 20.	20	100	1.17
4	After menstruation, you must perform a breast self-examination between days 7 and 10.	59	61	1.49
5	Over this time, because the breasts become softer, you should perform a breast the process of self	50	70	1.42
6	Every month, you should check your breasts.	33	87	1.28
7	a few self-examines the breasts to check for any discrepancies.	99	21	1.83
8	A breast test ought to be done whereas in front of a mirror.	70	50	1.58
9	When performing a breast self-examination, remove all clothing until the hips.	72	48	1.60
10	Palms should be raised in multiple locations above the head when examining your breasts standing in front of a screen.	82	38	1.68
11	The practice of self- of the breasts should be performed from the front and side views.	75	45	1.63
12	In the supine posture, one can perform a breast self-examination.	50	70	1.42
13	While performing a breast reflection, palpate in the right breast while laying on your left side.	73	47	1.61
14	Examine any lumps or skin irritation with the tips of your fingers.	15	105	1.13
15	You can perform a breast self-examination via the upward strip and circle methods.	58	62	1.48
16	Pressing on the nipple is necessary to feel for any odd secretion.	61	59	1.51
17	Armpit inspection is part of the breast self-examination process to look for lumps.	33	87	1.28
18	Examine any unusual shifts in the quantity and form.	80	40	1.67
19	The nibble retraction is an alert sign that needs to be taken notice of.	45	75	1.38
20	Cancer's early warning indication is a lump.	43	77	1.36
	Totals.	1.49		

Table 2: The Pearson Correlation between the overall female pupils' knowledge of breast self-examination and the demographic variable

	Correlation	Result
Age	M ± S.D	1.22 ± 4.33
	P-corr	2.08
	Sig.	2.32
	N	120
M S	M ± S.D	1.21 ± 3.65
	P-corr	0.87
	Sig.	1.25
	N	120
Addressing	M ± S.D	1.90 ± 2.11
	P- corr	1.21
	Sig.	2.54
	N	120
Academic stage	M ± S.D	1.02 ± 5.12
	P- corr	0.54
	Sig.	1.43
	N	120
Family history for breast cancer	M ± S.D	1.84 ± 3.67
	P- corr	0.30
	Sig.	7.43
	N	120
Performing regular breast self-examination	M ± S.D	1.63 ± 4.86
	P- corr	2.54**
	Sig. (2 tailed)	0.05
	N	120
Information sources	M ± S.D	1.53 ± 7.44
	P- corr	0.40
	Sig.	6.67
	N	120

DISCUSSION

Most of the subjects were among the ages of 21 and 24, with 78.3% of them being urban residents. The sample's 92.5 percent single populace is in line with the findings of (21-23). 42 female students from the third stage and 39 female students from the second and fourth phases were chosen. a teeny tiny one²⁴. The efficacy of routine breast exam was low, in contrast to a study by Mohamed et al. from 2021²⁵, which discovered an equally low number of women taking part in breast self-examination. The information came from a research and books that demonstrated the effectiveness of courses designed to improve the breast reflection abilities of female nursing students. In contrast to a Turkish survey that revealed that the web was the primary information source for the students^{26,27}. Based on the study's results, the participant had poor understanding about breast self-examination. (1.49). This finding contrasts with a research conducted by²⁵ which discovered that almost all of female nursing students had a sufficient understanding of breast self-examination. This may be explained by the reality that learners make up more than half of the participants and need the breast reflection course to raise and improve awareness and comprehension. With the exception of a very substantial connection between widespread education of breast self-examination and regular practice, the results showed no correlation between demographic factors and total students' knowledge of breast self-examination. This result is similar with that of researcher⁷, who discovered a highly significant correlation between breast self-examination expertise and regular use. In contrast to a research from Cairo University that found a connection between location and general understanding of breast self-examination²⁸.

CONCLUSIONS

According to the report's results, college students have little understanding of self - breast, and there is no relation among students' comprehension of breast self-examination and socioeconomic variables. The practice of routine self - breast and students' understanding of female reflection, however, are correlated significantly.

Authorship Contribution: All authors share equal effort contribution towards (1) substantial contributions to conception and design, acquisition, analysis and interpretation of data; (2) drafting the article and revising it critically for important intellectual content; and (3) final approval of the manuscript version to be published. Yes.

Potential Conflicts of Interest: None

Competing Interest: None

Acceptance Date: 23 March 2023

REFERENCE

1. Tewabe T, Mekuria Z. Knowledge and practice of breast self-examination among undergraduate students in Bahir Dar University, North-West Ethiopia, 2016: a cross-sectional study. *J Public Health Africa* 2019;10(1).
2. Sujindra E, Elamurugan TP. Knowledge, attitude, and practice of breast self-examination in female nursing students. *Int J Educ Psychol Res* 2015;1(2):71.
3. Ferlay J, Soerjomataram I, Dikshit R, et al. Cancer incidence and mortality worldwide: sources, methods and major patterns in GLOBOCAN 2012. *Int J Cancer* 2015;136(5):E359-86.
4. Ayed A, Eqtaif F, Harazneh L, et al. Breast Self-Examination in Terms of Knowledge, Attitude, and Practice among Nursing Students of Arab American University/Jenin. *J Educ Pract* 2015;6(4):37-47.
5. Alwan NA. Breast cancer among Iraqi women: Preliminary findings from a regional comparative Breast Cancer Research Project. *J Global Oncol* 2016;2(5):255.
6. Leung J, McKenzie S, Martin J, et al. Longitudinal patterns of breast cancer screening: mammography, clinical, and breast self-examinations in a rural and urban setting. *Women's Health Issues* 2014;24(1):e139-46.
7. Younis NM, Ahmed MM, Abdulsalam RR. Assessing quality of life in palliative care. *Int J Med Toxicol Legal Med* 2021;24(3-4):115-8.
8. Suleiman AK. Awareness and attitudes regarding breast cancer and breast self-examination among female Jordanian students. *J Basic Clin Pharm* 2014;5(3):74.
9. Mona Alshahrani MD, Alsakiti AI, Almalki AS, et al. Knowledge, Attitude and Practice Toward Urinary Tract Infection among Female in Saudi Arabia. *Bahrain Med Bull* 2022;44(3).
10. Ayed AY, Younis NM, Ahmed MM. Comparison of infection severity of vaccinated and unvaccinated health workers with Corona Virus: A cohort study. *J Educ Health Promot* 2023;1(1):336.
11. Abbas AS, Younis NM. Efficacy of Pender's Health Promotion-based Model on Intervention for Enhancing University of Mosul Hypertensive Employees' Eating Behaviors: A randomized Controlled Trial. *Revis Bionatura* 2022;7(3):35.
12. Ahmed MM, Younis NM, Abdulsalam RR. Assessment of changes in sleep habits in elementary students during covid_19 lockdown. *Int J Med Toxicol Legal Med* 2022;25(1-2):76-80.
13. Younis NM. Prevalence of Electronic Hookah and Risk Factors among University Students in Mosul City/Iraq. *Int J Memb Sci Technol* 2023;10(2):1422-7.
14. Younis NM, Taher AK. Efficacy of Trans Theoretical Model Intervention for Improving Behaviors related to Electronic Hookah Smoking among Healthcare Workers in Mosul Hospital: A Randomized Control Trail. *Int J Memb Sci Technol* 2023;10(2):1433-9.
15. Al Saihati HA. Overview of Dendritic Cell Vaccines as Effective Approaches in Cancer Immunotherapy. *Bahrain Med Bull* 2021;43(4).
16. Younis NM. Evaluation the health lifestyle of kindergarten students at Mosul city/Iraq. *Int J Med Toxicol Legal Med* 2023;26(1-2):148-52.
17. Bura'a LN, Younis NM. An Interventional Program on Nurses Knowledge and Practice towards Phototherapy in Neonatal Care Units. *Int J Memb Sci Technol* 2023;10(2):1428-32.
18. Younis NM, Ibrahim RM, Idrees NH. Prevalence of snake bite among children in Nineveh Governorate/Iraq: A retrospective study. *Int J Med Toxicol Legal Med* 2022;25(3-4):169-72.
19. Alshaikh S, Ahmed Al Sharakhat MB, Toorani Z, et al. Prevalence and Diagnosis of Helicobacter pylori Infection in a Tertiary Hospital in the Kingdom of Bahrain. *Bahrain Med Bull* 2021;43(1):547-50.
20. Bura'a LN, Younis NM. Nurses knowledge regarding to phototherapy at neonatal care units in Mosul City, Iraq. *Rawal Med J* 2023;48(2):379.
21. Abdul-Lateef SJ, Shabaan M. Assessment of female nursing students knowledge and practice about breast self-examination in Mosul university. *Mosul J Nurs* 2019;7(1):30-6.
22. Alwan NA, Al-Diwan JK, Wafa'M AA, et al. Knowledge, attitude & practice towards breast cancer & breast self-examination in Kirkuk University, Iraq. *Asian Pacific J Reprod* 2012;1(4):308-11.
23. Ahmed MM, Naji AB, Younis NM. Efficacy of an educational program based on health belief model to enhancing weight control behaviors among employees in the University of Mosul: a randomized controlled trial. *Revis Bionatura* 2023;8(3):28.

24. Younis NM. Epidemiology of Hepatitis B-virus in Nineveh province: Retrospective Study. *Int J Memb Sci Technol* 2023;10(2):1440-4.
25. Mohamed SK. Awareness and knowledge toward breast cancer and breast self-examination: A cross-sectional descriptive study among undergraduate female students at Cairo University, Egypt. *Malaysian J Nurs* 2021;12(3):111-9.
26. Celik S, Taşdemir N, Sancak H, et al. Breast cancer awareness among Turkish nursing student. 2014.
27. Ali HA, Abbas FF, Younis NM. Mothers' knowledge and attitudes towards breastfeeding in Thi-Qar City, Iraq. *Rawal Med J* 2023;48(2):514.
28. Sarfo LA, Awuah-Peasah D, Acheampong E, et al. Knowledge, attitude and practice of self-breast examination among female university students at Presbyterian University College, Ghana. *Am J Res Commun* 2013;1(11):395-404.