

Relation Between Female Workers' History and Their Knowledge About Breast Cancer, Breast-Self-Examination and Preventive: Effect of An Educational Program

Abstract

Background: One main factor that is significantly linked to an elevated risk of breast cancer is a family history of the disease. Thirteen to nineteen percent of those with breast cancer report having a first-degree relative with the disease.

Aim: evaluate the relation between female workers' history and their knowledge about breast cancer, breast-self-examination and preventive effect of an educational program.

Subjects and Methods: A purposive sample of 323 working women aged 18-60 at Beni-Suef University was selected based on their free from cancer, chemotherapy, radiotherapy, and diagnosed psychological disorders.

Tools: A structured interviewing sheet and women's knowledge about breast cancer, breast self-examination, and breast cancer preventive measures questionnaire.

Results: 40.0% of the female in the study had a family history of breast cancer and social media is the primary source of information for 44.9% of them regarding breast cancer. Also, 70.0% of females do not have breast problems, 33.0% have discharge issues. Before the program, 71.8% of the female employees had poor knowledge, and 4% had good knowledge. After a month, those numbers improved to 8% and 65.7%, respectively. Moreover, 0.6% of females who have a family history of breast cancer had good knowledge before the program, which increases to 14.9% after the educational program.

Conclusion: Based on the findings of the present study, it can be concluded that the health education program had a significant impact on the improvement of the female workers' overall knowledge level.

Recommendations: Design and implement an educational program for housewives regarding breast self-examination and breast cancer preventive measures.

Keywords: History, Knowledge, Breast Cancer, Breast-Self-Examination, Educational Program