

# Breast Self-Examination Practices: An Educational Program for Female Workers' at Beni-Suef University

## Abstract

**Background:** Breast self-examination (BSE) is a rather easy, affordable, easy-to-use, non-invasive early detection technique that is advised for women. A woman should begin this regimen in her 20s to learn what healthy breasts feel and look like.

**Aim:** The current study was conducted to evaluate the effect of an educational program on female workers' breast-examination practices at Beni-Suef University.

**Subjects & Methods: Design:** A purposive sample of 323 working women at Beni-Suef University was selected using the Chandrasekharan equation. **Tools:** Tool I: A Structured Interviewing Questionnaire Sheet; It was concerned with the personal data and reproductive profiles of the studied females. Tool II: sub-items of Breast Self-Examination Checklist. Tool III: Arabic booklet provides a comprehensive overview of sub-items and steps for breast self-examination.

**Results:** It revealed that 53.8% of the studied women married at 17-22 years old, age of menarche of 52.9% of the studied female workers were 10-12 years. Statistically significant improvements in female workers' total sub-items practice regarding breast self-examination during the posttest with  $p \leq 0.05$  were found. Only 11.8% & 9.6% of females had adequate practice regarding BSE by consideration and make sure that there is asymmetry in the nipple, areola or breast during BSE, which improved to 87.6% and 86.7% after the intervention, respectively. Also, 8.4% of females who had adequate practice regarding BSE by tactile examination improved to 88.2% after the intervention.

**Conclusion:** Based on the findings of the present study, it can be concluded that the educational program has a positive effect on female workers' practice regarding preparation for breast self-examination as statistically significant improvement in female workers' total sub-items practice for breast self-examination were observed after program implementation.

**Recommendations:** Implement the same program for all female workers in the Beni-Suef governorate

**Keywords:** Practices, Breast Self-Examination, Educational Program