

Female Workers' Total Practices Regarding Breast Self- Examination at Beni-Suef University

Abstract

Background: Women who self-examine their breasts get familiar with their appearance and feel, and they can identify any changes in their breasts as soon as feasible.

Aim: assess female workers' total practices regarding breast self-examination at Beni-Suef University. Subjects and

Methods: A descriptive sample of 323 working women at Beni-Suef University was selected. Tools: (I): A Structured Interviewing Questionnaire Sheet. (II): Breast Self-Examination Checklist.

Results: It revealed that 53.8% of the studied sample were married at ages 17-22 years, 82.8 had practiced breastfeeding, 65.4% stopped menstruation at age >45 years, 71.8% had used contraception, 73.1% didn't have family history of breast cancer, 93.5% didn't performed mammogram. Related to BSE, 50.5% knew that breast self-examination was the first method in the early diagnosis of breast cancer, 74.9% did not practice breast self-examination, 48.3% not knowing how it was practiced. Also, 90.1% of the female workers having inadequate total practices level regarding breast self- examination, 44.9% get information from social media.

Conclusion: Based on the findings of the present study, it can be concluded that there were statistically significant relation between the studied female workers total practices level regarding breast self-examination score with their educational level and place of residence, family history of breast cancer. A highly statistically significant relation with their total practice level of breast self-examination and source of information was observed. Recommendations: Implement an educational program to enhance women's practices regarding breast self-examination.

Keywords: practices; breast self-examination; female workers