

Female' Knowledge about Breast-Self-Examination: Effect of an Educational Program

Abstract

Background: Early detection of breast cancer is crucial for disease control, with mammography being the gold standard for early detection. Nurses possess the knowledge and skills to educate patients on breast self- examination, a professional obligation to promote and preserve health and prevent sickness.

Aim: The current study was conducted to evaluate effect of an educational program on female workers' knowledge about breast-self-examination.

Subjects and Methods: Design: A quasi-experimental design was used.

Sample and Settings: A study from Beni-Suef University selected 323 working women aged 18-60 without cancer, chemotherapy, radiation, or psychological disorders as a purposeful sample.

Tools: A Structured Interviewing Questionnaire Sheet and women's general knowledge about breast self- examination.

Results: 3.8% of the female in the study were between the ages of 17 and 22 and 69.0% of them were city dwellers. Also, 70.0% had no breast issues, 50.5% of them were aware that the first step in the early detection of breast cancer was BSE. Furthermore, 48.3% were unaware of how to perform BSE, and 74.9% did not practice it. There was statistically significant improvement in female workers' knowledge regarding all items of general information about breast self-examination after program implementation ($p \leq 0.05$).

Conclusion: Based on the findings of the present study, it can be concluded that was a highly statistically significant improvement in female workers' knowledge regarding general information about breast self- examination during the posttest compared to after program implementation.

Recommendations: Study the effect of other socio-demographic factor (age, education, income, occupation) on females' knowledge regarding breast self-examination

Keywords: *Knowledge, Breast-Self-Examination an Educational Program*