

ORIGINAL PAPER

Determination of Breast Self-Examination Knowledge and Breast Self-Examination Practices among Women and Effects of Education on their Knowledge

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Abstract

Aim: The aim of this study is to determine the breast self-examination (BSE) knowledge and practices among women who were attending adult education center courses.

Materials and Methods: Data were collected from women (n=89) who were attending adult education courses in three different locations in city of Bursa in April 2007. Data collection form which is developed by researchers consisted of questions related to socio demographic variables, BSE knowledge and practices of women. After introducing a planned education on breast cancer and breast self-examination their knowledge were retested.

Results: The age of participants were ranging between 16-52 years. Close to half of the women (46.1%) were married. Some of the women reported having cancer in family members (20.2%) while none of them reported having breast cancer in close family member. Many of the participants (68.5%) were aware about Breast Self-Examination (BSE). TV (53.4%), journals-books (29.3%) were primary sources for women's knowledge. Being young, not knowing how to perform BSE, not considering herself in a risk group and having a fear of finding something bad are some of the reasons for not performing BSE. Participants' knowledge regarding BSE and breast cancer has been improved after the introducing of the education.

Conclusions: Teaching the signs of breast cancer to women, considering the facts about it, using interactive methods and adopting surveillance programs are important.

Key words: Breast self-examination, breast cancer, education