



Ministry of Higher Education  
and Scientific Research  
University of Babylon College of Nursing

## **Assessment of Women's Knowledge Regarding Breast Self-Examination in Primary Health Care Centers**

**Graduation Project Submitted to the College of Nursing,  
University of Babylon as a Partial Fulfillment of the  
Requirements of Bachelor in Nursing Sciences to the Council of  
the College of Nursing**

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

{يَرْفَعُ اللَّهُ الَّذِينَ آمَنُوا مِنْكُمْ وَالَّذِينَ أُوتُوا الْعِلْمَ

دَرَجَاتٍ}

(صَدَقَ اللَّهُ الْعَلِيِّ الْعَظِيمِ)

[سورة المجادلة: ١١]

## الإهداء

إلى الرسول الأعظم مبلغ رسالات ربه ومستودع الوحي والتنزيل محمد صلى الله عليه وعلى آله الطيبين الطاهرين.

إلى من يؤمنون بك حين يخذلك الجميع إلى أصحاب الكلمات التي سارت بي نحو النجاح إلى من ساندوا خطاي  
المتعثرة الذين أغدقوا علي بالدعوات والحب أُمِّي وأبِي.

إلى الذين جعلهم الله لي عِضْداً (قَالَ سَنَشُدُّ عَضُدَكَ بِأَخِيكَ) إخوتي وأخواتي.

إلى أصدقاء الطرق جميعاً وإلى رفاق الأيام بكل تفاصيلها إلى أولئك الذين تقاسموا معي السنوات وتناثرت أيامنا  
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إلى الأقارب قلباً الذين كانت دعواتهم لي وكلماتهم شمساً تجدد في روحي الإصرار إلى منفذي وصايا الله ورسوله  
في طلب العلم وتعليمه والذين أفنوا سنواتهم كالسراج ليضيء طريقنا والذين عبدوا لنا طرق الحياة لتتسد  
خطواتنا أساتذتي الأجلاء.....

## الشكر والتقدير

لا يسعنا بعد الانتهاء من إعداد بحث التخرج إلا أن نتقدم بجزيل الشكر وعظيم الحب إلى

الاستاذ محمد عباس حسين

الذي تفضل بالإشراف على إعداد البحث حيث قدم لنا النصح

والإرشاد طيلة أيام إعداده فله منا المودة والاحترام.....

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**Abstract:**

**Background:** Breast self-examination is the most important screening method for early detection and diagnosis of Breast cancer. Females assess their breasts regularly to detect any Abnormalities to seek instant medical attention.

**Objective:** The aim of the current study was to assess the knowledge of women's who attending primary health care centers regarding breast self-examination.

**Methodology:** A descriptive study design was performed to assess women's knowledge toward breast self-examination in primary health care center, form the period of 1 November 2022 to 1 December 2022.

**Results:** The results show that the highest percentage of the participants were their age between (15-24) years old, the highest percentage of the study sample were married and living in the urban area. Also, the study shows that the majority of women have a knowledge regarding breast self-examination.

**Conclusion:** The present study concluded that there is a lack of knowledge about BSE yet, the positive attitude towards BSE was encouraging. Most female in our sample did not perform BSE. This might be an obstacle to screening program and early diagnosis of breast cancer.

**Recommendations:** The present study recommended that more intensified awareness programs among women are necessary to keep in view their current status of breast cancer and breast self-examination knowledge. Also, further researches are needed to identify causes of inadequate knowledge and practice of BSE among female .

# **Chapter One**

## **Introduction**

## **Introduction**

### **1-1 General Information**

Breast cancer has been identified as the most common cancer and leading cause of cancer deaths among women. Globally, the female death rate due to breast cancer is high. As it accounts for the fifth rank among cancer mortality and second rank among cancer disorders (Freddie, et.al 2018), (Hortobagyi, et.al 2015). The incidence of breast cancer reached 2.1 million people worldwide in the year 2018 (Freddie, et.al 2018).

Though cervical cancer is still occupying the first place, breast cancer is the next common malignancy among Nepalese women (Singh, et.al 2009; Pun, et.al 2012). Breast cancer associated morbidity and mortality can be reduced through speedy disclosure and diagnosis by breast self-examination (BSE) (Shrivastava, et.al 2013). Recommended screening approaches of breast cancer include breast self-examination (BSE), clinical breast examination (CBE), and mammography (Hallal, 2012).

#### **1-2 Breast self-examination (BSE):**

A manual examination conducted monthly by a woman at home to evaluate her own breasts for signs of masses, changes, tumors, cysts, nipple discharge, or evidence of abnormalities. Breast self-examination is a good and important screening tool for breast cancer, especially when used in combination with regular physical exams by a doctor, mammography, and in some cases ultrasound and/or MRI. Each of these screening tools works in a different way and has strengths and weaknesses. Breast self-exam is a convenient, no-cost tool that can be used on a regular basis and at any age. Whether she is premenopausal, pregnant, postmenopausal, or postmenopausal receiving hormone replacement therapy. Although mortality from breast cancer could be reduced through early detection, studies show that only 20-25% of women routinely examine their breasts (Millar, 2013; Susan & Terri., 2015).



earliest signs of breast cancer are usually observable on mammograms, often before lumps can be felt. However, mammograms are not foolproof and total as they are not very effective for use on younger women, (the focus of this study), whose dense breasts tissues can obstruct x-rays (World Cancer Report 2008). Despite the advent of these modern screening methods, cases of cancer of the breast can be detected by women themselves through breast examination. It is for this singular reason that experts are advocating breast self-examination (BSE), as a preventive measure for early detection of breast cancer. (Somkin ,2012).

BSE is the examination by women themselves to help detect any abnormality within the breasts. It involves visually and handiwork inspecting the breasts for lumps, cusps and changes in the skin and nipples of the breasts. (Omoyeni,et.al 2014). Regularly examining woman owns breasts helps her more easily detect any changes that may occur. Many women obviously have some lumpiness and asymmetry (differences between the right and left breast) (Salama, et.al. 2013).

### **1-3 At what age should a woman begin BSE'?**

performed monthly after the age of 20 years; ideally a few days after an individual's menstrual period when the breasts are least swollen. (Omoyeni,et.al 2014). , the American Academy of Pediatrics suggested that girls begin BSE at age 14 as this would enable them imbibe the culture of routine performance of BSE (Cromer, Frankel, Hayes & Brown, 2010). In adolescent age i.e. 15-20 years almost all the reproductive organs are developed as an adult so every female adolescent should have the knowledge about breast self-examination(Ghimire BR 2010).

A breast self-examination creates awareness as well it helps adolescents to understand the normal look and feel their breast by themselves. (Dange AH, et.al 2019). Grady (2010) pointed out that BSE may have caused unnecessary

anxiety and needless worry for women because it could lead a woman to believe that a lump felt in her breast was cancerous when it was not. Conversely, BSE could erroneously reassure a woman who did not feel a lump in her breast that there was no need for further screening

#### 1-4 How to Prepare for a Breast Self-Exam?

The best time to do a breast self-exam is a few days after the monthly menstrual cycle ends. Hormonal changes can affect the size and of breasts, so it is best to perform the exam when the breasts are in the normal state. Women who do not menstruate should choose a certain day to perform the exam. It's also should keep a journal of the self-exams. This will help the track and record any changes that have noticed in your breasts.(Susan.R &Terri.K,2009)

#### 1-5 How to Perform a Breast Self-Exam Equipment

1. Mirror
2. Good light
3. Comfortable bed
4. Pillow
5. Warm and comfortable atmosphere(Susan.R &Terri.K,2009)

#### 1-6 Procedure

**A.** Stand before a mirror and look at both breasts. Check for anything unusual, such as redness soreness, rash, or swelling, puckering, dimpling, scaling of the skin, nipple retraction. Look for nipple discharge. Some discharge can be normal, due to hormones or medication (this could be a watery, milky, or yellow fluid or blood). However, all discharge should be reported to the doctor. Note the colour of the discharge, whether it came from both breasts and whether it came from one or more openings.(Susan &Terri, 2009)

**B.** Next, press the hands firmly on the hips and lean slightly toward the mirror as you pull the shoulders and elbows forward with a squeezing or hugging motion. Look for any change in the normal shape of the breasts. Now, bend forward at the waist, hold the head up and look in the mirror. It's may notice that one breast is larger than the other and this is normal.

**C.** Looking in the mirror, raise the arms and rest the hands behind the head. They allow to see the underside of the breast.

**D.** Place the left hand on the waist, roll the shoulder forward and reach Into the underarm area and check for enlarged lymph nodes (small) glands that fill with fluid when you have an infection). An enlarged node would feel like a corn kernel or a bean. Also check the area above and below the collar bone. Repeat on the right side..(Susan and Terri.K,2009)

**E.** Raise the left arm. Use the pads of three or four fingers of the right hand to examine the left breast. Use three levels of pressure (light, medium, and firm) while moving in a circular motion. Check the breast area using a set pattern. It's can choose **(1) lines, (2) circles or(3) wedges**

#### 1. Lines:

Beginning at the outer edge of the breast move the fingers downward using a circular motion until they are below the breast. Then move the fingers slightly toward the middle and slowly move back up. Go up and down until you go over the entire breast area.

#### 2. Circles:

Beginning at the outer edge of the breast use the flat part of the fingers, moving in circles slowly around the breast. Gradually make smaller and smaller circles toward the nipple. Be sure to cover the entire breast and check behind the nipple.

### 3. Wedges:

Starting at the outer edge of the breast, move the fingers toward the nipple and back to the edge. Check the entire breast, covering one wedge-VT/TA shaped area at a time. It's should not lift the fingers while feeling the breast to make sure no area is missed. Whatever method you choose, make sure to cover the entire area including the breastbone, collarbone, upper chest area, and bra line. Pay special attention to the area between the breast and the armpit itself. Feel for any unusual lump, mass or thickening under the skin. Repeat on the right side.

**F.** Lie flat on the back, left arm over the head and a pillow or folded towel under the left shoulder. This position flattens the breast and makes it easier to examine. Use the same motion described in step .Some women like to use body lotion, cream or bath powder in this step.(Susan.R &Terri.K,2009)

#### **1-7: Important benefits for teaching women BSE for the following reasons:**

- 1- it was helpful in detecting 10% of breast cancers that could not be detected with mammography. By the time 85% of patients visit specialized care the tumor is more than5 cm, while BSE can detect the tumor at the size of 1cm.
- 2- The BSE is very useful in low-income countries, where routine health checkup is uncommon and screening services like a mammogram is expensive and scary. (Mazzini , 2016).
- 3- BSE are gratis, comparatively easy, painless, non-invasive, self-care action, and can be performed secretly.(Salama, et.al 2013).
- 4- It is one of the cheapest and can be done with the least domestic tools like a towel, mirror, and pillows.
- 5- The breast self-examination is the best way to increase breast health awareness and allow for timely detection of anomalies. (Dange, et.al 2019).

### 1-8 Objectives of the study:

1. To assess female knowledge regarding breast self- examination.
2. To find out relationship between demographic variables and breast self-examination.

# **Chapter Two**

# **Methodology**

## **Methodology:**

This chapter deals with the methods and instruments used In this study. It Includes administrative arrangements, setting of the study, sample of the Study, instrument construction, validity of the questionnaire, data Collection and data analysis.

### **2-1.Design of the study:**

A descriptive design was performed to Assessment women's knowledge In primary health care center,form the period 1 November 2022 to 1 December 2022.

### **2-2.Setting of study:**

The current was conducted at Babylon Health Training Center and Al-Kawthar Health Care Center

### **2-3.Sample of study:**

The sample consisted of one hundred female in health care cente

### **2-4-Administrative Arrangement:**

official permission was sought by the university of Babylon/college of nursing and approval from Babylon Health Training Center and Al-Kawthar Health Center and written consent was obtained from the health department in Babylon city prior data collective.

### **2-5.instrument of the study:**

The instrument of the study consisting from:

**Part 1:** the demographic data of patient (Age, occupation, residence, Marital status. Educational status).

**Part 2:** including 20 questions to assess the women's knowledge regarding breast self-examination..

### **2-6-Data collection :**

The data was collected through the use of construed questionnaire from the period 1to 10 November 2022. The time required for each participant interview Wins 5-10 minute.

**2-7-Analysis of data :**

The data was analyzed, through the use of tables, and descriptive statistics (frequency and percen



# **Chapter Three**

## **Results of the study**

## Results of the study

**Table (1): Distribution of the sample according to their demographic data**

No.	Demographic data	F.	%
1	<i>Age</i>		
	15-24 years	46	46
	25-34 years	37	37
	35-44 years	9	9
	45 and above years	8	8
	<b>Total</b>	<b>100</b>	<b>100</b>
2	<i>Social status</i>		
	Single	36	36
	Married	57	57
	Divorced	5	5
	Widowed	2	2
	<b>Total</b>	<b>100</b>	<b>100</b>
3	<i>Level of education</i>		
	Unable to read and write	0	0
	Primary school	18	18
	High school	23	23
	Diploma and above	59	59
	<b>Total</b>	<b>100</b>	<b>100</b>
4	<i>Residency</i>		
	Urban	75	75
	Rural	25	25
	<b>Total</b>	<b>100</b>	<b>100</b>
5	<i>Job status</i>		
	Employed	48	48
	Unemployed	52	52
	<b>Total</b>	<b>100</b>	<b>100</b>

F= Frequency, %= Percentage

Table (1) shows that most of the sample participants were within the age groups (15-24 years) were (46%). The social status, married shows the higher percentage (50%) and divorced show the low percentage (3%), level of education shows that most of sample diploma and above (59%), while the residency shows that the major proportion were urban and represent (75%) of sample. The job status shows that the unemployed women were (52%) of the sample.

**Table (2): Woman's knowledge about breast self-examination in primary health care centers**

No.	Items	F.	%
1	Have you ever heard of breast self-examination?		
	Yes	91	91
	No	9	9
<b>Total</b>		<b>100</b>	<b>100</b>
2	Received expanded information about breast self-examination?		
	Yes	54	54
	No	46	46
<b>Total</b>		<b>100</b>	<b>100</b>
3	Have you ever attended awareness seminars about the importance of breast self-examination?		
	Yes	52	52
	No	48	48
<b>Total</b>		<b>100</b>	<b>100</b>
4	Early detection of breast cancer improves the chance of survival		
	Yes	98	98
	No	2	2
<b>Total</b>		<b>100</b>	<b>100</b>
5	Breast self-examination enables detection of atypical changes in the size and shape of the breasts and an understanding of how breasts usually feel and look		
	Yes	94	94
	No	6	6
<b>Total</b>		<b>100</b>	<b>100</b>
6	Is breast self-examination important in early detection of breast cancer?		
	Yes	100	100
	No	0	0
<b>Total</b>		<b>100</b>	<b>100</b>
7	Changes in the shape and color of the breast are signs of breast cancer?		
	Yes	60	60
	No	40	40
<b>Total</b>		<b>100</b>	<b>100</b>

8	Lumps in the breast and around the armpit are signs of breast cancer <sup>§</sup>		
	Yes	68	68
	No	32	32
<b>Total</b>		<b>100</b>	<b>100</b>
9	Nipple discharge and retraction are signs of breast cancer		
	Yes	65	65
	No	35	35
<b>Total</b>		<b>100</b>	<b>100</b>
10	When conducting a breast self-examination, should the breast size be checked only		
	Yes	20	20
	No	80	80
<b>Total</b>		<b>100</b>	<b>100</b>
11	Where did you hear from?		
	Health care provider	38	38
	the family	6	6
	Internet	56	56
<b>Total.</b>		<b>100</b>	<b>100</b>
12	What is the purpose of breast self-examination <sup>§</sup>		
	Advice from a healthcare provider	48	48
	You notice a lump in your breast	21	21
	A family member had breast cancer	31	31
<b>Total</b>		<b>100</b>	<b>100</b>
13	The right time to start performing a breast self-examination is		
	≤ 19 years old	47	47
	> 19 years old	14	14
	= 19 years old	39	39
<b>Total</b>		<b>100</b>	<b>100</b>
14	The appropriate period to practice breast self-examination		
	Every week	7	7
	Per month	57	57
	Every year	36	36
<b>Total</b>		<b>100</b>	<b>100</b>
15	Who should do a breast self-examination?		
	Males only	1	1
	Females only	59	59
	Both	40	40
<b>Total</b>		<b>100</b>	<b>100</b>

16	The appropriate position for a breast self-examination		
	While lying in bed	30	30
	In front of the mirror	56	56
	While taking a shower	14	14
<b>Total</b>		<b>100</b>	<b>100</b>
17	How would you like to be breast examined?		
	By nurse	22	22
	By doctor	24	24
	By yourself	54	54
<b>Total</b>		<b>100</b>	<b>100</b>
18	How would you rate your general knowledge about breast examination?		
	Very well	13	13
	Medium	75	75
	Weak	12	12
<b>Total</b>		<b>100</b>	<b>100</b>
19	Is a breast self-examination needed? In the following cases		
	Pregnancy	29	29
	Breast feeding	19	19
	Menopause	52	52
<b>Total</b>		<b>100</b>	<b>100</b>
20	Which of the following is the best time to perform a breast self-examination?		
	Before your menstrual cycle	21	21
	After your menstrual cycle	67	67
	On the 7-10 <sup>th</sup> day of the menstrual cycle	12	12
<b>Total</b>		<b>100</b>	<b>100</b>

Table (2) shows that the high percentage of the sample (91%) they heard about breast self-examination. Also, the table shows that they received expanded information about breast self-examination (44 %).

# **Chapter Four**

## **Discussion**

#### 4-1.Discussion

Distribution of the participants according to their demographic information through data analysis (Table 1) shows that most of the participants (46%) were within the age group ( 15 -24). These findings are unsupported by a study done by (Kakabra and Abdul Saheb, 2012) Showed the study sample was within the age group of(20-21) More than half of the sample were living in urban (75 %), and These findings are disagreed by a study (Kakabra and Abdul Saheb, 2012). Showed the study sample them (91%) from urban.

The finding of study show that participant (57%)married , this finding closed by study done by (Ibrahim, 2016) show that (64.7%)married. The finding of study show that participant (59%) level of education diploma and above , this finding disagreed by study done by(Ibrahem.S.Q ,20 16) show that (27.5%) level of education Institute and college.

The finding of study show that participant (52%)unemployed, this finding unsupported by study done by (Ibrahem, 2016) show that (39.2%) a housewife The finding of study show that participant (91%)answer the ever heard of breast self-examination before (yes), this finding disagreed by study done by (Asmare and Zerko,2021) show that (66%) the same answer

The finding of study show that participant (98%) answer early detection of breast cancer improve chances of survival(yes), this finding closed by study done by (Asmare and Zerko,2021) show that (86%) the same answer. The finding of study show that participant (100%)answer the BSE important in the early detection of breast cancer (yes), this finding disagreed by study done by (Asmare and Zerko ,2021) show that (68.3%) the same answer . The finding of study show that participant (60%)answer Changes in the shape and color of the breast are the signs of breast cancer (yes), this finding un supposed by study done by(Asmare and Zerko, 2021) show that (37%) the same answer .

The finding of study show that participant (68%) answer the Lumps in the breast and around the armpit are the signs of breast cancer (yes), this finding supported by study done by (Asmare and Zerko,2021) show that (66.4%) the same answer. The finding of study show that participant (65%) answer that Nipple discharge and retraction are the signs of breast cancer (yes), this finding supposed by study done by (Asmare and Zerko ,2021) show that (66.9%) the same answer

The finding of study show that participant (38%) answer the source of information from health care provider, this finding supposed by study done by (Bala,2011) show that (34.4%) answer the main source of information from health care provider

The finding of study show that participants (57%) answer per month this finding supposed by study done by (Faronbi, 2012) show half of participate answer monthly The finding of study show that participant (59%) answer female only , this finding unsupported by study done by (Asmare and Zerko ,2021) show that (81%) the same answer.

The finding of study show that participant (56%) answer the appropriate position it is in the front of the mirror. This finding unsupported by study done by (Asmare and Zerko ,2021) show that (17.6%) the same answer. The finding of study show that participant (54%) answer by yourself, this finding unsupported by study done by (Asmare and Zerko,2021) show that (35%) the same answer.

The finding of the study show the majority of participants (75%) answer medium, these finding had average are unsupported by a study done by (Doshi, et al, 2012) 32.69% medium.

The finding of the study showed that the majority of participants (67%) answered that the breast self- examination should be started after menarche this study supported by (Faronbi, 2012) show that the majority of participants



(61.7%) answered that the breast self-examination should be started after menarche

# **Chapter five**

## **Conclusion and Recommendations**

## **5.1. Conclusion**

Although there was lack of knowledge about BSE yet, the positive attitude towards BSE was encouraging. Most Female in our sample did not perform BSE. This might be an obstacle to screening program and Early diagnosis of breast cancer. Therefore, more intensified awareness programs among nursing university Students are necessary to keep in view their current status of breast cancer and BSE knowledge. Also, further Researches are needed to identify causes of Inadequate knowledge and practice of BSE among female In Arab university.

## **5.2. Recommendation**

Based on the research conducted, it is recommended that there Is a need to create awareness about the Importance of BSE amongst female so as to Improve the practice of it. Furthermore, public Awareness on the importance of SBE should be intensified using mass media and the health service personnel Should promote BSE during their contact with female clients. In order to function as effective promoters of Breast cancer control through early detection, nurses/nursing students should possess the accurate knowledge and The appropriate attitude and practice concerning the disease and its early detection. Nurses should adopt such preventive screening procedures and act as role models for the community.

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# Appendices



## Appendix A

### Panel of Experts

ت	اسم الخبير	اللقب العلمي	التخصص	مكان العمل
1	ا.د. ناجي ياسر سعدون	استاذ	تمريض صحة الأسرة والمجتمع	جامعة بابل كلية التمريض
2	ا.د. سلمى كاظم جهاد	استاذ	تمريض صحة الأسرة والمجتمع	جامعة بابل كلية التمريض
3	م.د. وفاء احمد امين	مدرس	تمريض صحة الام والوليد	جامعة بابل كلية التمريض
4	م.م زينب عبد الامير عبد الرسول	مدرس مساعد	تمريض صحة الام والوليد	جامعة بابل كلية التمريض
5	م.د. مريم عبد الكريم	مدرس	تمريض صحة الام والوليد	جامعة بابل كلية التمريض

## Appendix B

### Questionnaire English Version

University of Babylon nursing of Collage

Assessment women's knowledge regarding of (breast self-Examination) in  
health center

#### The first part / demographic information

Age:  year

Place of residence:

Urban.   
Rural

Marital status:

Single   
married   
divorced   
widowed

Occupation:

Unemployee   
employee

Level of education:

Illiterate   
Elementry stage   
High school   
Debloma and above

second part: Put a tick (✓) in front of the answer that best suits you

1- Have you ever heard of breast self-examination?

Yes

No

2- Received expanded information about breast self-examination?

yes

no

3- Have you ever attended awareness seminars about the importance of breast self-examination?

yes

no

4-Early detection of breast cancer improves the chance of survival

yes

no

5-Breast self-examination enables detection of atypical changes in the size and shape of the breasts and an understanding of how breasts usually feel and look

yes

no

6-Is breast self-examination important in early detection of breast cancer?

yes

no

7- Changes in the shape and color of the breast are signs of breast cancer?

yes

no

8-Lumps in the breast and around the armpit are signs of breast cancer?

yes

no

9-Nipple discharge and retraction are signs of breast cancer?

yes

no

10-When conducting a breast self-examination examination, should the breast size be checked only?

yes

no

third part : make the right choice according to your knowledge:

1-Where did you hear from?

Health care provider

the family

internet

2-What is the purpose of breast self-examination?

- Advice from a healthcare provider
- You notice a lump in your breast
- A family member had breast cancer

3- The right time to start performing a breast self-examination is?

- ≤19 years old
- > 19 years old
- = 19 years old

4-The appropriate period to practice breast self-examination?

- every week
- Per month
- every year

5-Who should do a breast self-examination?

- Males only
- female only
- Both

6-The appropriate position for a breast self-examination?

- while lying in bed
- in front of the mirror
- while taking a shower

7-How would you like to be breast examined? by

- nurse
- Doctor
- by yourself

8-How would you rate your general knowledge about breast examination?

- Very well
- medium
- weak

9-Is a breast self-examination needed? In the following cases

- pregnancy
- Breast feeding
- menopause

10-Which of the following is the best time to perform a breast self-examination?

- before your menstrual cycle
- after your menstrual cycle
- On the 7-10th day of the menstrual cycle

## Appendix C

### Questionnaire Arabic Version

جامعة بابل كلية التمريض

تقييم معارف النساء بالفحص الذاتي للثدي في المراكز الصحية الأولية

الجزء الأول /المعلومات الديموغرافية

العمر:  سنة

مكان الإقامة :

الريف.   
المدينة

الحالة الاجتماعية:

عزباء   
متزوجة   
مطلقة   
ارمله

المهنة:

غير موظفة   
موظفة

التحصيل الدراسي:

لا يقرأ ولا يكتب   
المرحلة الابتدائية   
المرحلة الثانوية   
دبلوم فما فوق

الجزء الثاني اضع علامة  $\sqrt$  امام الجاية التي تناسبك

١-هل سمعت من قبل عن الفحص الذاتي للثدي؟

نعم

لا

٢- هل سبق وأن حضرني ندوات توعية عن اهمية الفحص الذاتي للثدي

نعم

لا

٣- تلقيت معلومات موسعة عن الفحص الذاتي للثدي

نعم  
لا

٤- يحسن الكشف المبكر عن سرطان الثدي من فرصة البقاء على قيد الحياة

نعم  
لا

٥- يمكن الفحص الذاتي للثدي من اكتشاف التغيرات غير النمطية في حجم وشكل الثديين وفهم كيف يشعر ويظهر الثديان في العادة

نعم  
لا

٦- هل الفحص الذاتي للثدي مهم في الكشف المبكر عن سرطان الثدي؟

نعم  
لا

٧- التغيرات في شكل ولون الثدي من علامات الإصابة بسرطان الثدي؟

نعم  
لا

٨- تكتلات في الثدي وحول. الابط من علامات الإصابة بسرطان الثدي؟

نعم  
لا

٩- يعد إفراز الحلمة وانكماشها من علامات الإصابة بسرطان الثدي

نعم  
لا

١٠- عند إجراء فحص الفحص الذاتي للثدي يجب تفقد حجم الثدي فقط ؟

نعم  
لا

الجزء الثالث اختر الخيار المناسب حسب معرفتك

١- من أين سمعت عن الفحص الذاتي للثدي ؟

مقدم رعاية صحية

العائلة

انتزنت

٢- ما الغرض من الفحص الذاتي للثدي؟

نصيحة من مقدم الرعاية الصحية

لاحظت وجود تكامل في الثدي

كان أحد أفراد الأسرة مصاباً بسرطان الثدي

٣- الوقت المناسب لبدء أداء الفحص الذاتي للثدي هو؟

١٩ ≤ سنة

١٩ > سنة

١٩ = سنة

٤- الفترة المناسبة لممارسة الفحص الذاتي للثدي؟

كل اسبوع

كل شهر

كل عام

٥- من يجب أن يقوم بالفحص الذاتي للثدي؟

ذكور فقط

الإناث فقط

كلاهما

٦- الوضعية المناسبة لاجزاء الفحص الذاتي للثدي؟

أثناء الاستلقاء على السرير

أمام المرأة

أثناء الاستحمام

٧- كيف تفضلين أن يتم فحص الثدي؟ بواسطة

ممرضة

طبيب

بنفسك

٨- كيف تصنف معرفتك بشكل عام عن فحص الثدي

جيد جدا

متوسط

ضعيف

٩- هل هناك حاجة للفحص الذاتي للثدي. في الحالات التالية

الحمل

الرضاعة

سن الياس

١٠- اي مما يلي هو افضل وقت لإجراء الفحص الذاتي للثدي

قبل الدورة الشهرية

بعد الدورة الشهرية

في اليوم ٧ من الدورة الشهرية



## Appendix D Ethical Approval

Ministry of Higher Education and Scientific Research  
جامعة البصرة  
وزارة التعليم العالي والبحث العلمي

University of Babylon  
College of Nursing  
جامعة بابل  
كلية التمريض  
شعبة الشؤون العلمية

Ref. No. : ٤٥٤٥ : العدد  
Date: / / (استثمار الطاقة النظيفة طريقنا نحو التنمية المستدامة) ٢٠٢٢ / ١٢ / ٦ : التاريخ

الى / مركز صحي الكوثر  
مركز صحي الجمعية / بابل التدريبي  
م / تسهيل محم

تحية طيبة ..  
يطيب لنا حسن التواصل معكم ويريحنا تفضلكم بالموافقة على تسهيل محم طلبة كليتنا المدرجة اسماهم  
(assessment women's knowledge regarding of breast self الموسوم  
- examination in health center )  
( تقييم معارف النساء بالفحص الذاتي للثدي في المراكز الصحية )

١- ايات عباس راشد  
٢- ايمان عباس عبد  
٣- بنين صادق جعفر

شاكرين تعاونكم معنا ... مع الاحترام ..

د. نهاد محمد قاسم  
معاون العميد للشؤون العلمية والدراسات العليا  
٢٠٢٢/١٢/٦

دائرة التمريض  
مركز الكوثر  
بابل التدريبي  
٢٠٢٢/١٢/١٤

نسخة منه الى //

- مكتب السيد العميد المحترم للتفضل بالاطلاع مع الاحترام  
- شعبة الشؤون العلمية مع الاوليات  
- الصادر

بسمه ١٢/٦

الدكتوراه الاختصاص  
علاء محمد ناجي  
٢٠٢٢/١٢/١٤

التدريب  
امراء المصطفى

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## الخلاصة

**الخلفية:** يعتبر الفحص الذاتي للثدي من أهم طرق الكشف والتشخيص المبكر لسرطان الثدي. تقوم الإناث بتقييم ثديهن بانتظام للكشف عن أي تشوهات للحصول على رعاية طبية فورية.

**الهدف:** الهدف من الدراسة الحالية هو تقييم معرفة النساء اللاتي يترددن على مراكز الرعاية الصحية الأولية فيما يتعلق بالفحص الذاتي للثدي.

**المنهجية:** تم إجراء تصميم دراسة وصفية لتقييم معرفة المرأة بالفحص الذاتي للثدي في مركز الرعاية الصحية الأولية ، من الفترة من ١ نوفمبر ٢٠٢٢ إلى ١ ديسمبر ٢٠٢٢

**النتائج:** أظهرت النتائج أن أعلى نسبة من المشاركات كانت

تتراوح أعمارهم بين (١٥-٢٤) سنة وهي أعلى نسبة من أفراد عينة الدراسة

كانوا متزوجين ويعيشون في المناطق الحضرية. كما أظهرت الدراسة أن غالبية النساء لديهن معرفة فيما يتعلق بالفحص الذاتي للثدي

**الخلاصة:** خلصت الدراسة الحالية إلى وجود نقص في المعرفة حول الفحص الذاتي للثدي حتى الآن ، كان الموقف الإيجابي تجاه الفحص الذاتي للثدي مشجعاً. معظم الإناث في العينة لم يقمن بإجراء الفحص الذاتي للثدي. قد يكون هذا عقبة أمام برنامج الفحص والتشخيص المبكر لسرطان الثدي.

**التوصيات:** أوصت الدراسة الحالية بضرورة تكثيف برامج التوعية بين النساء لمراعاة الوضع الحالي لسرطان الثدي ومعرفة الفحص الذاتي للثدي. أيضا ، هناك حاجة إلى مزيد من البحوث لتحديد أسباب عدم كفاية المعرفة والممارسة الفحص الذاتي للثدي بين الإناث.



وزارة التعليم العالي والبحث العلمي  
جامعة بابل - كلية التمريض

# تقييم معارف النساء بالفحص الذاتي للثدي في مراكز الرعاية الصحية الأولية

مشروع تخرج مقدم الى كلية التمريض، جامعة بابل كجزء من متطلبات نيل شهادة البكالوريوس في  
علوم التمريض

من اعداد الطلاب

ايات عباس راشد

ايمان عباس عبد

بنين صادق جعفر

بأشراف الاستاذ

م. م محمد عباس حسين

١٤٤٤ هـ - ٢٠٢٣ م