

Knowledge and awareness of Brest Self Examination Among female schoolteachers in AL-Qassim Region

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Abstract

Objective: The main objective of this study way was to find out the knowledge and awareness of breast self examination among female schoolteachers between 30-60 year old in ALQassim region.

Methodology: Using pre-designed questionnaire was handed out to 366 female in kindergarten, primary schools, elementary schools and high schools during period of 3 April 2016 – 8 April 2016.

Result: One third of participants were aware of breast self examination (36.7%) and (44.3%) of participants whom aware of breast self examination they practicing it .

conclusion: Awareness and knowledge of BSE are low among Saudi schoolteacher in alqassim reigon .many risk factors are associated with low awareness toward BSE and its practice, i.e., younger age, awareness tools .

Keywords: Awareness ,BSE , Education level, Knowledge ,Practice

Introduction

Breast Self Examination (BSE) is an important, cheap and easy method for early diagnosis of breast cancer(8) . The Importance of breast self examination comes from early detection of various breast disease that affect quality of female life and the consequences especially if she was a breastfeeding woman. Carcinoma of the breast is an important public health problem with its associated high morbidity and mortality (1).Since breast cancer is a progressive disease, small tumors are more likely to be at an early stage and their early detection is more likely to have a better prognosis and more successful treatment.

The three screening tests usually considered for early detection are clinical breast examination (CBE), X-ray mammography, and breast self-examination (BSE).(8) Awareness about BSE and practice it will make women more educated and assured.BSE still recommended to increasing awareness of breast health in general.

Methodology and Materials

A cross-sectional descriptive study with using a pre-designed questionnaire compose of 13 items was carried out During the period of 3 April 2016 – 8 April 2016 was conducted on female schoolteachers in Al-qassim region especially in (Onizah -Alrass and Buridah) -Saudi Arabia -regarding their awareness and practicing of “BSE” with a sample size of 366 and a Written Consent was taken and confidentially was assured.

Results

This study is a cross-sectional study that included 366 schoolteacher female in different school level from (kindergarten to high schools) all completed the questionnaire that we distributed . The age range was 30-60 years old in (unaizah, bureedah, alrass)in Qassim region. 46 (12.5%) responders the age were between 51-60,137 (37%) answers the age were between 41-50,185 (50.3%) responders was from age 30-40. 172 (46,7%) reported were from unaizah,143 (38.9%) answers were from buraidah and 53 (14.4%) were from alrass.

The level of schools that were participants in questioner 54 (14.7%) responders were from secondary schools, 143 (38.9%) answers were from primary school,20 (5.4%) answers were from kindergarten ,151 (41%) reported from high school. the level of education of the school teachers,40 (10.9%) were from high school,127 (34.5%) responders were the level of their education is diploma,201 (54.6%) said that the level of their education were baccalaureate. the marital status of the schoolteachers ,18(4.9)were unmarried ,331(89.9%) responders were married.

The knowledge of schoolteachers on being aware of Breast self examination was 135 (36.7%) answers yes they know about it ,191 (54%) responders said they have little knowledge about Breast self examination ,34 (9.2%) said they have no idea about Breast self examination .164 (44.6%) reported that they know what to looking for in Breast self examination,159 (43.2%) said they know to some extent what to look for in Breast self examination ,45 (12.2%) responders said they don't know what to look for in Breast self examination. 281(76.4%) reported said they know the importance of Breast self examination and 14(3.8%)answers no they don't . 131 (35.6%) responders said that they know when to perform Breast self examination , 110 (29.9%) said they have little idea about it and 127 (35.5%) reported no idea about when to perform Breast self examination .129 (35.1%) said yes they know how to perform the Breast self examination,153 (41.6%) reported that they know little about the procedure,86 (23.4%) responders said no idea about how to perform Breast self examination . 136 (37%) said yes they have an idea of breast disease ,152(41.3%) responders said they have a little knowledge of breast disease,80(21.7%) answers no they don't. For those who said yes about knowing breast disease 52(14,1%) reported that they get their information from TV,40 (10.9%) said that friends who get their information from, 24 (6.5%) responders said that they know about breast disease from a family member ,252 (68%) said that the awareness programs were the source of their information and it was the highest score among other choices. 68 (18.5%) responders said yes they know about risk factors for breast disease ,194 (52.8%) answers that they have a little idea about it, 106 (28.8%) responders said no they don't know about risk factors for breast disease. For all those who said yes for knowing risk factors of breast disease, 56 (15.2%) said TV was the source of their information, 58 (15.8%)

Reported that they get their information from friends,30(8.2%)answers family member who get their information from,224(60.9%)responders said from awareness program know about it. 147(39.9%) said yes the know what to do once they saw something abnormal while doing Breast self examination ,89(24.2%)reported that know little about what to do next ,132(35.9%) responders said no they don't know what to do next while seeing something abnormal in Breast self examination .163(44.3%) said yes they did practice Breast self examination ,205(55.7%)reported said no that they did not practice Breast self examination. So, for those who said yes they are get practicing Breast self examination,100(27.2%)said they doing it once\ayear,28(7.6%)reported that they performing the procedure of Breast self examination

once\ a month, 35(9.5%) responders said they practice it once\ 6 months , 21(5.7%) said they doing it once\ 3 months . We found that 67.3% of women aged (51-60) was performed or practiced Breast self examination previously , in contrast to women who are from (31-40) 64 % of them never practiced Breast self examination. 80% of the women who have information about the performance Breast self examination get these by awareness program. women which have the knowledge and practicing Breast self examination were 56.4%. Otherwise, 16.5% of the women didn't get practicing it neither had information about Breast self examination. 77.9% of the women did have a background about breast diseases were they get it by awareness programs.

Table (1): Socio-demographic characteristics of participants

Variables	No.	%
Age (in years)		
51-60	46	12.5
41-50	137	37.2
30-40	185	50.3
Marital status		
Married	331	89.9
Unmarried	18	4.4
Level of education		
High school	40	10.9
Diploma	127	34.5
Baccalaureate	201	54.6
Cities		
Unizah172		46.7
Buraidah143		38.9
Alrass53		14.4
Level of school		
Secondary school	54	14.7
Primary school	143	38.9
Kindergarten	20	5.4
High school	151	41

Table (2): Awareness, knowledge and practice of breast self- examination

	No.	%
Awareness of breast self examination:		
Yes	135	36.7
No	34	9.2
Source of responders information about Breast self examination		
TV	52	14.1
Friends	40	10.9
Family member	24	6.5
Awareness programs	252	68.5
Practice of breast self examination:		
Yes	163	44.3
No	205	55.7

Table (3) practice and age related

Practice	No	%	P value
Age (in years)			
30-40	66	35	
41-50	66	48	
51-60	31	67.3	<,000

Table (4) awareness and source of information

Source of information	No.	%	awareness P value
Awareness programs	107	79	
Family member	6	4.4	
Friends	7	5.1	
TV	15	11.11	<.,005

Table (5) practice and awareness related

Awareness Yes practice	No	No	%	yes	%	p value
yes		92	56	0	0	
no		43	20.97	34	16	<.000

Discussion

This study aimed to give an overview of the knowledge, attitudes and behaviors related to among female teachers working in female(kindergarten, high, primary, secondary) school teachers aged between 30-60 years old in AL-Qassim region as they are part of education team and the high opportunity for them to transfer the importance of BSE to their colleagues and student , and because of increasing cases of breast cancer and diseases and the lack of researches about awareness of BSE in ALQassim region become the importance to assess the awareness and practice of BSE in our region.

We found out that the overall awareness about BSE was one third 36.7% of our participant , this proportion is less than those reported in studies carried out in Abha, Hail , Jeddah and Nigeria (2)(3) (6) .where 54% of participants reported of being little aware of BSE.(2)

This percentage reflects the importance of public education to help in early diagnosis of any breast disease and cancer, and also as we always want for the community high levels of awareness and education about their health.

In current study , we found that more than half of participant 55.7% do not practice BSE ,this figure is higher than that reported studies conducting in Abha , Hail ,Nigeria and lesser than Alexandria(2)(3)(4)(5). In addition , the figure is lower than that reported in Alqassim-Buridah 2007. (1)

The highest reason is they do not know how to practice it, and here comes again the importance of having a section in the education e performance of BSE was quite low, as we found out program about the technique of BSE. The main source about BSE in our study was awareness program ,it was the highest score among other choices that reflects to active participation of health care workers in health education of the population(1), followed by tv and friends .The least important source of information was family members.

This study revealed that awareness about BSE was significantly associated with practice of participant , 56.4% they were aware and had practice of BSE while 16.5% of participant they weren't aware about BSE and didn't BSE before .In addition , the result showed the women's age between (51-60) were significantly more get practice than women age's between (30-40). In current study showed 80% of

participant had information about how the BSE performed by awareness program and 77.9% of participant were significantly had know about breast diseases .

Conclusion

In conclusion:

The most of our participant in the current study were found to be aware of BSE. The the awareness program were the main source of information ,in contrast to the family members were the least source of information .A level of education of our participant considered as a risk factor on the awareness of Breast self examination, in addition to the age , marital status and school level . In our current study the practice of BSE were low therefore Primary health care physicians should be informing on the importance of awareness about Breast self examination , and to educate them on how to perform Breast self examination .

Limitations of study :

This study had several limitations:

- 1- Our sample was targeting only the female school teachers so, we found difficulties searching for them.
- 2- The limitation of age among school teachers was narrowing the number of samples.

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