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Study the Consciousness, attitude and practice of breast self-examination among female undergraduate students of AL – Mustansiriya University / Baghdad / Iraq

Étude du niveau de connaissances et de la pratique de l'auto-examen mammaire chez les étudiantes de premier cycle de l'Université AL-Mustansiriya, Bagdad, Irak

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RÉSUMÉ

Au cours des dernières années, le cancer du sein a été un grave problème de santé publique important en Irak. Des études ont rapporté de faibles niveaux de conscience et d'auto-examen des seins comme moyen de prévention important. L'auto-examen des seins est un moyen rentable de détecter le cancer du sein précoce, en particulier dans les pays pauvres en ressources. Nous avons évalué la conscience et la pratique de l'auto-examen des seins (ESB) chez les étudiantes universitaires de l'Université Al-Mustansiriya. L'étude comprenait 125 étudiantes âgées de 20 à 23 ans sélectionnées au hasard. Les données ont été recueillies à partir d'un questionnaire autotesté. Le résultat a montré 98% des réponses, "J'ai entendu parler du cancer du sein avant" et 3% n'ont jamais entendu parler de la maladie folle du sein. Seulement 32 % savent qu'une maladie folle du sein doit être examinée à l'âge de 19 ans. Les principales sources d'information sur la maladie folle signalées dans les réponses sont la télévision 43,2 %. Nous avons observé un écart entre des niveaux élevés de conscience de l'ESB et un faible niveau de pratique. Des campagnes de sensibilisation et des programmes éducatifs doivent être menés à intensifier afin d'aborder ce problème de santé.

Mots-clés : Auto-examen des seins, conscience, attitude, pratique, étudiante de premier cycle.

Abstract

Over the past few years, breast cancer has been a serious important public health issue in Iraq. Studies have reported low levels of consciousness and self-examination of the breast as important means of prevention. Breast self-examination is a cost-effective way to detect early breast cancer, especially in resource-poor countries. We assessed the consciousness and practice of breast self-examination (BSE) among female university students Al- Mustansiriya University. The study included 125 female students aged 20-23 randomly selected. The data were collected from a self-tested questionnaire. The result showed 98% of the responses, "I have heard around breast cancer before" and 3% have never heard of the mad breast disease. Only 32% know that mad breast disease must be examined at the age of 19 years. The main sources of of information on mad disease reported in the responses are TV 43.2%. We have observed a discrepancy between high levels of BSE consciousness compared to a low level of practice. Consciousness campaigns and educational programs must be conducted to intensify in order to address this health issue.

Keywords: Breast self-examination, consciousness, attitude, practice, female undergraduate.



Introduction

The Breast Self-Examination (BSE) is necessary, Low-cost and effortless method for rapid breast cancer diagnosis. Each year, more than two million women all over the world are diagnosed with breast cancer [1]. One million new cases worldwide are detected every year and account for the the most combined causes of cancer death in women [2]. The happening of breast cancer contrasts between countries; the highest rates happen in the United States of America and Canada and the lowest rate is found in Asia [3]. Breast cancer is the main menace for health of women at the global level, especially in middle-income and low-income countries [4]. Breast cancer has become the leading cause of cancer deaths in third World countries due to a lifestyle shift that can lead to an increase in accidents and lack of medical progress to combat the disease [5].

There is knowledge low - level in the the practice of BSE in the barring of breast cancer in the study of among female undergraduate students in the University of Cameroon [6], Buea [7], Saudia Arabia [8] and Nigeria [9]. Therefore, the key strategy in the reduction of deaths from breast cancer, Improve Breast cancer outcome and survival is the checks detects and treat breast cancer early. This is highly important because the excellent diagnosis is directly associated with the discovery phase of the tumor at first [10].

Lack self - confidence in their ability to perform this method correctly, for fear of discovery of the total, and embarrassment related with the manipulation of the the breast has been cite reasons for non-exercise of the?? (reformulate) [11,12]. The study tries to assess the level of Consciousness, attitudes and practice regarding self-breast examination among female undergraduate students in the University of Al Mustansiriya, Baghdad City, Iraq.

Methods

This is a cross sectional descriptive study, which

lasted from April to Jun 2019, The protocol carried out at the University of Al Mustansiriya, Baghdad City, Iraq on female undergraduate students randomly selected to evaluate the consciousness and practice of BSE among a total of one hundred and twenty five (125) female students. A written informed consent was obtained from all the participants prior to data collection .

Data collection

The study on a voluntary basis (put this sentence up). Data was collected using a self-administered pretested close-ended questionnaire in Arabic. The questionnaire was composed of 18 questions (ten on consciousness, eight on attitude and six on the practice). For knowledge items, categorical responses (yes and no) . For attitude and practice eight questions, the answers were either ("yes", "no" and "not sure").

Results

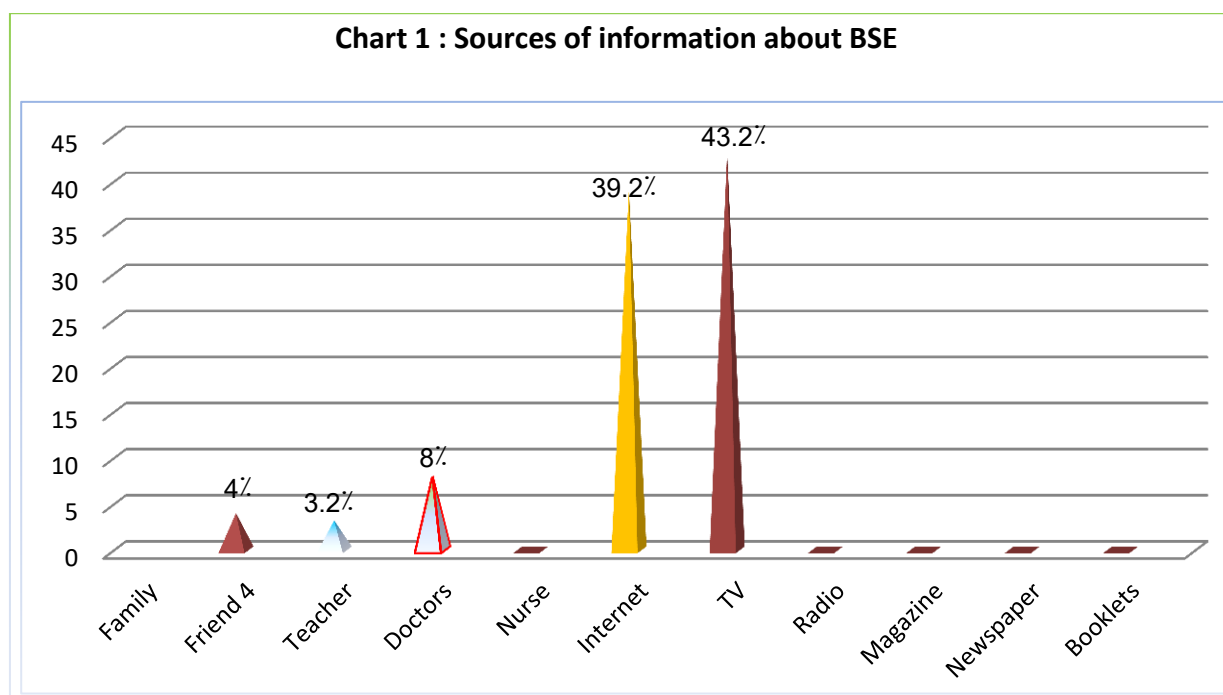
The consciousness on BSE

The study displayed that a majority 98% of the answers, heard around breast cancer previously. However 3% had never heard around of BSE. Widely 96 % of the the answers, early exams for breast cancer are very important, half 50 %admitted knowing what are looking for while BSE examination, 66.4 % know BSE must be checked monthly, Approximately 22.4 % have a general consciousness of mad BSE, a substantially 86% Slightly conscious and very few 9 % not conscious 42 % of the answer recognize there are three positions in BSE performance (lie down, stand facing mirror, shower). Almost 32% know that BSE must be examined at 19 years old, when 43.2 % know that both sexes, female and male breast must be checked. Furthermore 32 % of the answer breast cancer more common in your society (Table 1).

Table1: Consciousness of 125 answer participants about BSE

Questions	Answer	Frequency	%
Heard about breast cancer before	Yes	122	98
	No	3	2.4
Early exams for breast cancer is so important	Yes	120	96
	No	5	4
Know what you are looking for while BSE examination	Yes	62	50
	No	63	50.4
Know BSE must be checked monthly	Yes	83	66.4
	No	42	34
You have a general awareness of mad BSE	conscious	28	22.4
	Slightly conscious	86	86
	Not conscious	11	9
Do you cognize there are 3 positions in BSE performance? (Lie down, stand in facing of Mirror , shower)	Yes	52	42
	No	55	44
Know that BSE must be examined at 19 years old.	Yes	40	32
	No	85	68
Know that both sexes, female and male breast must be checked	Yes	54	43.2
	No	69	55.2
Is the breast cancer more common in your society?	Yes	40	32
	No	85	68

Main sources of information on BSE cited by the answers were TV 43.2 % , internet 39.2 % , doctors 8%, friends 4% and teacher 3.2% (chart 1).



The Attitude on BSE

The study displayed that 47.2 % of the answers Afraid that you will discover breast cancer. Half (54 %) of the answers cannot find breast cancer by themselves meanwhile 27.2% were not certain they can discover breast cancer by themselves. 45 % BSE not shameful in that people see or touch the breast to find out breast cancer while time 42 % BSE shameful in that people see or touch the the breast to discover breast cancer, In general 61% of answers moderately in partiality 20% good in partiality and only 19.2%

we're not in partiality attitudes toward the mad BSE 61% of the answer propaganda or campaigns motivation to discover breast cancer by themselves (too long). Approximately 70% of answers that BSE examination has detected are important and useful. 30 %health personal and family history of breast cancer were mentioned by the answers as the main factors that influenced them to perform BSE. A majority 80 % of the answers strongly agreed meanwhile 0.8% disagree strongly that educating female students around the breast cancer (Table 2).

Table 2: Attitude of the 125answer participants to BSE

Questions	Answers	Frequency	%
Afraid that you will discover breast cancer	Yes	68	47.2
	No	32	26
	Not sure	25	20
Can you discover breast cancer by yourself	Yes	24	19.2
	No	67	54
	Not sure	34	27.2
BSE shameful in that people see or touch the breast to discover breast cancer	Yes	52	42
	No	56	45
	Not sure	17	14
The general attitude toward the mad BSE	good	25	20
	moderate	76	61
	weak	24	19.2
The propaganda or campaigns your motivation to discover breast cancer Yourself	Yes	25	20
	No	76	61
	Not sure	24	19.2
The examination has detected a malfunction in the Mad BSE is important and useful	Yes	87	70
	No	13	10.4
	Not sure	15	12
Factors that influence the respondents to perform BSE	Family members	19	15.2
	Family history of breast cancer	30	24
	Peer	9	7.2
	Health personal	37	30
	Print media	30	24
	Influence		
Educating female students around breast cancer	Strongly agree	100	80
	Agree	22	17.6
	Disagree strongly	1	0.8
	disagree	2	1.6

The level of practice of BSE

Concerning the level of the practice of BSE, Only 55 (44%) of the 125 answers in this study had conducted an examination of the breast in the last three years, 40 (32%) claimed to conduct regular BSE

(12 times), only 20 (16%) begin 19 years 25 (2%) Above 19 years and majority 60 (48%) was doing it on any day of the month. The Majority of them performed BSE examination at home 60 (48%) (Table 3).

Level of Practice of BSE :Table 3

Questions	Frequency	%
Have you conducted an examination of the breast in the last 3 years		
Yes	55	44
No	22	17.6
Where the examination done		
Hospital	10	8
At home	60	48
Free screening program	2	1.6
Do you conduct regular BSE (12 times)	40	32
At what age did mad BSE begin?		
19 years	20	16
Above 19 years	25	2
At any time you usually do BSE		
Normal day every month	58	46.4
in 5 days after menstruation	30	24
When was the last you conduct BSE		
Weeks	4	3.2
Months	60	48
Years	33	26.4

Discussion

Because breast cancer is the most common cancer in women worldwide, women's breast cancer awareness is critical. Recently, incidence and mortality has risen in several countries. Breast cancer is preventable if detected early enough [13]. Breast self-examination is one of the approaches for detecting the early beginning of breast cancer. Although there are some disagreements about the methodologies employed in performing BSE, the method is still considered useful and is thus suggested in developing countries where access to diagnostic and therapeutic facilities may be limited [14,15]. Need to assess the consciousness, attitude and practice of breast self-examination among female is needful and recommended. The present study was consciousness, attitude and practice of breast self-examination among female. The majority of our participants had information about BSE 98% of the responses, "I

have heard around breast cancer previously" and 3% have never heard of the breast disease. In study of Saudi Arabia (61.1%) had information about BSE [16], while in Turkey, 62% of participants had adequate knowledge toward BSE [17].

The current study revealed that there is a wide gap between consciousness and practice of BSE. Similar studies have documented this gap both in knowledge and practice of BSE for example, in a study conducted by Ewaid *et al* 2018 in Shatra / Dhi-Qar/ Iraq, where these authors found poor consciousness of women regarding BC [18, 19]. In another Taiwanese investigation conducted by Chie *et al.*1993, the authors found out that only 8.4% of 3040 randomized sampled women had been performing BSE monthly [20]. Results are in agreement with the study done in Palestine [21] TV. was the most common source of knowledge about breast cancer 43.2% of our patients, while 53% was in Palestine, 48.5 % in Turkey, 39.8% in Saudi Arabia, and 16.10 % in Yemen [22].

Our results indicate that the majority of female student's even if the students, were aware of the presence of BSE, in the University of ?? do not practice breast self-examination as an airing method for the early detection of breast cancer; they lacked appropriate understanding and need counseling about recognizing their risks, breast tissue and identifying changes in it(reformulate) [23]. Furthermore, a majority of the students were certainly not to visit any government health center to have their breast examined although with its low cost and ease of use, the attitude of the students was detected to be temperately in favor of BSE, but the knowledge of BSE was mostly unacceptable which could have posh the practice of BSE by these young women. Awareness campaigns using audiovisual media and other programs designed to raise awareness about mad cow disease should be intensified to change the the attitude of young women in the study area towards the practice of mad cow disease in the prevention of breast cancer [24, 25] .

Conclusions

The practice appears that BSE disease is not common among these female students at Mustansiriya University in Baghdad, Iraq, to educate the public on the causes, risk factors, and how to avoid breast cancer, health education programs are important. Sensitization efforts using audiovisual media and other activities targeted at raising awareness about BSE should be stepped up to change the attitudes of young women in the study region toward the use of BSE to prevent breast cancer.

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