



KNOWLEDGE AND PRACTICE OF BREAST SELF-EXAMINATION AMONG WOMEN IN SEBERANG PERAI UTARA DISTRICT, PENANG: AMDI MEDICAL COACH EXPERIENCE

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INTRODUCTION

- Breast cancer is the leading cause of cancer mortality in women and is a major health concern in both developing and developed countries¹.
- Regular breast cancer screening is the single most important public health strategy to reduce breast cancer mortality².
- Breast self-examination (BSE) is one of the screening modality available and regular BSE is the best way to notice breast changes.
- Women should be encouraged to know what is normal for them, be informed of early symptoms of breast cancer, and promptly report any changes or concerns³.
- Advanced Medical and Dental Institute (AMD) Medical Coach begins its operation in 2013 with the aim to create awareness among the public about the importance of health screening which include BSE and mobile mammography.

OBJECTIVES

- To determine the knowledge and practice of BSE among women during Medical Coach visit in various places in Seberang Perai Utara (SPU).

METHODOLOGY

- Study design: Cross-sectional study conducted from September 2013 to August 2014
- Study location: SPU District, Penang
- Study sample: Women attending health education conducted during Medical Coach visit.
- Sampling method: Convenience sampling
- Inclusion criteria: Consented to answer the questionnaire
- Exclusion criteria: Women who were unable to read and write, unable to understand or speak in Malay or English language.
- Study analysis: Data was analysed using SPSS version 22. Descriptive statistics for socio-demographic characteristics was assessed. Participants who scored 70% and above were classified as having good knowledge and practice.

METHODOLOGY

1. Socio-demographic characteristics

A total of 158 participants took part in this study. The mean [Standard Deviation (SD)] for age was 36.38 (14.10) years old. Majority were Malays [155 (98.1%)], more than half were married [99 (62.7%)], had secondary school education [94 (59.5%)], working [92 (58.2%)] and income less than RM2000 per month [81 (51.3%)] (refer Table 1).

2. Breast cancer awareness among women in SPU district, Penang

More than half of the participants had attended health education on breast cancer [89 (56.3%)], aware that breast cancer is the commonest cancer among women [109 (69.0%)] and had heard about BSE [110 (69.6%)]. Majority aware that BSE could detect early breast cancer [138 (87.3%)] and early treatment was effective to cure breast cancer [144 (91.1%)]. Participants in this study got their information on BSE from health fairs [79 (50.0%)], reading material such as magazines and newspapers [78 (49.4%)], health personnel [40 (25.3%)], friends [23 (14.6%)] and family members [10 (6.3%)]. More than half had been taught BSE technique [97 (61.4%)] (refer Table 2).

Table 1: Socio-demographic characteristics of women in SPU district, Penang (n=158)

Variables	Frequency (%)	Mean (SD)
Age (Years)		36.38 (14.10)
Race		
Malay	155 (98.1)	
Chinese	2 (1.3)	
Others	1 (0.6)	
Education Level		
No education	3 (1.9)	
Primary school	9 (5.7)	
Secondary school	94 (59.5)	
Tertiary and above	52 (32.9)	
Marital Status		
Single	54 (34.2)	
Married	99 (62.7)	
Divorcee	5 (3.1)	
Occupation		
Working	92 (58.2)	
Not working	66 (41.8)	
Income Level (RM)		
<1000	21 (13.3)	
1001-2000	60 (38.0)	
2001-3000	58 (36.7)	
>3001	19 (12.0)	

Table 2: Breast cancer awareness among women in SPU district, Penang (n=158)

Variables	Frequency (%)
Had attended health education on breast cancer	
Yes	89 (56.3)
No	69 (43.7)
Aware that breast cancer is the commonest cancer among women	
Yes	109 (69.0)
No	49 (31.0)
Don't know	0 (0)
Aware that BSE can detect early breast cancer	
Yes	138 (87.3)
No	2 (1.3)
Don't know	18 (11.4)
Aware that early treatment can cure breast cancer	
Yes	144 (91.1)
No	0 (0)
Don't know	14 (8.9)
Had heard about BSE	
Yes	110 (69.6)
No	48 (30.4)
Source of information on BSE	
Magazine/newspaper	78 (49.4)
Health fair/campaign	79 (50.0)
Health personnel	40 (25.3)
Friends	23 (14.6)
Family members	10 (6.3)
Had been taught on BSE technique	
Yes	97 (61.4)
No	61 (38.6)

3. Score and classification of knowledge and practice on BSE among women in SPU district, Penang

Mean (SD) score for knowledge and practice on BSE was 74.81(12.85) and 77.67(10.92) respectively. More than half of the participants in this study had good knowledge [99 (62.7%)] and good practice [124 (78.5%)] (refer Figure 1 and 2).

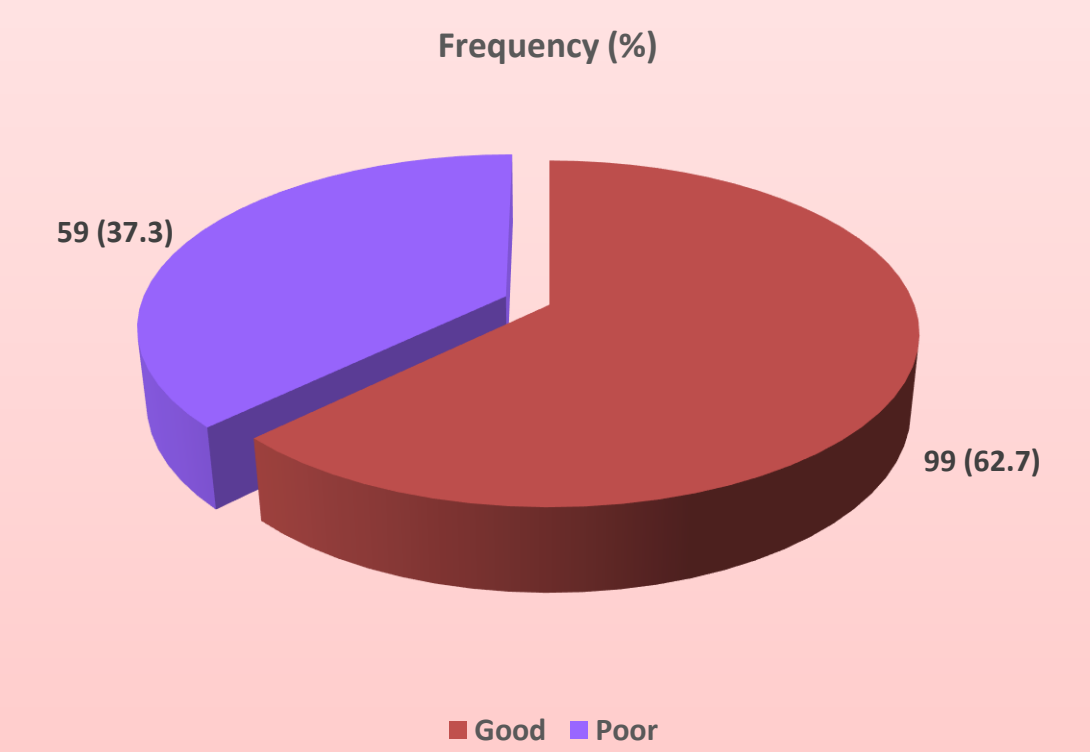


Figure 1: Classification of knowledge on BSE among women in SPU district, Penang (n=158)

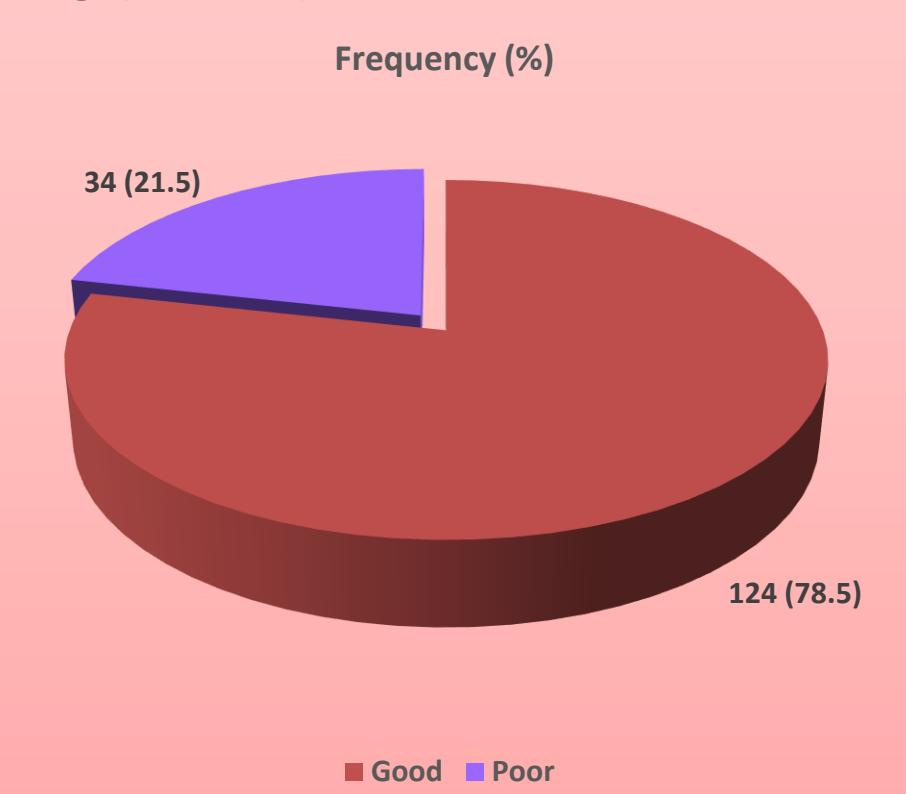


Figure 2: Classification of practice on BSE among women in SPU district, Penang (n=158)

DISCUSSION

- Breast Self-Examination (BSE), Clinical Breast Examination and mammography are the screening modalities to detect breast cancer.
- BSE is a screening tool which can alert women on any abnormal changes to their breast and go for further check-up⁴.
- Thus, knowledge and consistent practice can protect women from severe morbidity and mortality.
- In this study, 62.7% of the women had good knowledge on BSE. This is higher as compared to the study conducted in Oyo State Nigeria, whereby only 31.7% of the women had good knowledge on BSE⁵.
- The finding could be due to higher percentage of secondary and tertiary education level of women in this study.
- Only 18.1% of women in Oyo State Nigeria had good practice, very much lower than the finding in this study whereby 78.5% of women had good practice on BSE.
- Education appears to be the major determinant of level of knowledge and health behaviour among the study participants⁶.
- Strength of study is that it provided data on knowledge and practice on BSE among women in district SPU.
- Presence of selection bias was the limitation of this study.
- Probability sampling is recommended for future similar study.

CONCLUSION

- More than half of women in SPU district had good knowledge and practice on BSE.
- Health behaviours such as BSE can help empower women to take some control and responsibility over their health and eventually enhance their quality of life.

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- All participants who were involved in this study

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POSTER PRESENTATION

P8: KNOWLEDGE AND PRACTICE OF BREAST SELF-EXAMINATION (BSE) AMONG WOMEN IN DISTRICT SEBERANG PERAI UTARA (SPU) PENANG: AMDI MEDICAL COACH EXPERIENCE

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Background: Breast cancer is the leading cause of cancer mortality in women and is a major health concern in both developing and developed countries. Breast self-examination is one of the screening modality available and regular BSE is the best way to notice breast changes. AMDI medical coach begins its operation in 2013 with the aim to create awareness among the public about the importance of health screening which include BSE and mobile mammography. The objective of this study is to determine the knowledge and practice of BSE among women during medical coach visit in various places in SPU.

Methods: In this cross-sectional study, 158 women in SPU were enrolled by convenience sampling. A Proforma on socio-demography background and a close ended questionnaire on knowledge and practice of BSE was used as data instrument for the study. Data was analyzed using SPSS version 22. Participants who scored 70% and above were classified as having good knowledge and practice.

Results: More than half of participants have heard about BSE [110(59.6%)]. Majority knew that BSE could detect early breast cancer [138(87.3%)] and early treatment was effective to cure breast cancer [144(91.1%)]. Mean (SD) for knowledge and practice score was 74.81(12.85) and 77.67(10.92) accordingly. More than half of the participants in this study had good knowledge [99(62.7%)] and good practice [124(78.5%)].

Conclusions: More than half of women in SPU district had good knowledge and practice on BSE. Health behaviors such as BSE can help empower women to take some control and responsibility over their health and eventually enhance their quality of life.

Keywords: breast self- examination, breast cancer, knowledge, practice, medical coach