



Research Article

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Self- Examination of Breast of the Students of Nursing College in Bangladesh.

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Abstract

A descriptive cross sectional study was carried out among 150 nursing students at Nursing College of Khwaja Yunus Ali, Enayetpur, Sirajgonj, Bangladesh. The objective of the present study was to assess the knowledge and practice about breast self- examination of nursing students. The study found that the knowledge of the respondents on the overall breast self- examination are not complete knowledge. Majority respondents (90.0%) knew the method of breast self- examination. Among them (57.0%) had their complete knowledge, (30.0%) had their partial knowledge and (12.6%) had their wrong knowledge. About (90.0%) respondent's had their practice of breast self-examination. Among them (11.11%) respondents examined daily, (18.52%) examined every week, (48.15%) examined once a month and (22.22%) had their irregular breast self -examination practice. About (78%) examined their breast during bathing and (22%) examined at night. It was revealed that most of them (48.0%) belonged to the age 22 years and the mean age of the students was 21.73 ± 1.028 years. About (70.0%) students come from nuclear family and (30.0%) students belonged to the extended family. This study though a little one, might provide important information to the concerned authority to take proper measures and also provide clear for farther in-depth study. The accessibility of health education and the counseling service to the students should be ensured so as to achieve the expected level of awareness on personal health care.

Key words: Self Examination of Breast, Nursing College, Bangladesh.

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Introduction:

The delivery of world-class cancer care is dependent on factors beyond excellence in clinical service delivery. Evidence from the top cancer centers in the world indicates that research and development, teaching and training need to be embedded in service delivery. The future

sustainability of world-class cancer care in Bangladesh depends on harnessing these synergies¹.

Carcinoma breast is the most common site specific cancer in women and is the leading cause of death from cancer for women between 20-59

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years. In USA, it accounts about 0.23 million new cases per year and 40 thousand death per year^{2,3} Women living in less industrialized countries tend to have a lower incidence of breast cancer excepting Japan. In general carcinoma breast incidence and mortality are relatively lower among females of Asia and Africa, underdeveloped nations and nations that have not adopted the westernized reproductive and dietary patterns⁴. Though carcinoma breast is considered as a systemic disease at the time of diagnosis, most patients can be cured if detected early. Therefore, it is very important to educate women to present early with suspected carcinoma breast. Along with many other factors, the lymph node involvement and tumor size are the two important prognostic factors. Stages of carcinoma is the most reliable indicator of prognosis^{4,5}. 5 years survivals are highly correlated with tumor stage; 95-100% for stage I, 86% for stage II, 57% for stage III and 20% for stage. This information can guide physician in making therapeutic decisions^{6,7}

Breast cancer is the most common type of cancer and is considered as the second leading cause of deaths due to cancer among women worldwide. It has been estimated that one in every seven women will develop breast cancer sometime during her lifetime and the rates increase with age.^{8,9} The increase in the incidences of breast cancer and finally deaths in many countries makes it a matter of serious concern. In Bangladesh, breast cancer is also a serious health problem and leads to number of deaths similar to other developing countries.¹⁰ Limited data on definite figures of breast cancer are available in Bangladesh, however it is estimated that around 1.2 million Bangladeshi women have been suffering from breast cancer and among them 35,000 die every year.¹¹ It was reported in online news that 22,000 Bangladeshi women are attacked by breast cancer annually and 70 % of them die due to lack of treatment.¹² Breast self-examination is one of the effective screening measures and has been proven to be effective in discovering lumps at an early stage.^{13, 14}

This study aims to find out the knowledge and practice about breast self-examination among the

nursing students of our country when they seek advice from a qualified physician.

Materials and Methods:

The study settings: A descriptive type of cross-sectional study was conducted to assess the knowledge and practices of the students about breast self- examination of Khwaja Yunus Ali Nursing College, Sirajgonj, Bangladesh. 150 students who are currently studying at Nursing College constituted the study population for the present study.

Data collection and the instrument: The data collection tools were the semi- structured questionnaire. There was the both close ended and open ended questionnaire developed by the researchers in English.

The purpose of study was first explained to the authority of Nursing institution and taking permission. After that the purpose of the study was explained to respondents too, then a consent form supplied to them and at the end of taking consent of the students then a questionnaire supplied to them. One questionnaire was used for each respondent. Duration of study was 8 months; from May'12 to December 12.

Data entry and Analysis: The study is based on primary data with descriptive cross-sectional design filled directly with the help of respondents. The collected data was edited by checking and rechecking. The data was analyzed by using the software SPSS, MS Excel and MS Word. The analyzed data have been presented in tables, graphs, charts and bars.

Ethical clearance:

- ✓ Permission was taken with the respondents.
- ✓ Purpose of the study was explained to the respondents.
- ✓ Informed consent were taken with the students, confidentiality was maintained.
- ✓ The participants were not forced to give information. It was entirely voluntary participation.

Results:

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Table no. 1: Distribution of respondents by age.

Age in years	Frequency	
	N	%
20 years	19	12.7
21 years	36	24.0
22 years	72	48.0
23 years	12	8.0
24 years	11	7.3
Total	150	100.0

Description of Table 1: Regarding distribution of study subjects by age, it was revealed that out of 150 respondents, most of them (48.0%) belonged to the age 22 years. It was found that 19 students (12.7%) were 20 years of age, (24.0%) students

were in 21 years of age and 12 students (8.0%) were 23 years of age. The study also showed that (7.3%) students were in 24 years of age. The mean age of the students was 21.73 ± 1.03 years (Table no.1).

Table 2: Distribution of the respondents by possible diseases that may occur in breast

Possible diseases that may occur in breast	Frequency	
	N	%
Fibro-adenoma (Tumor)	60	40.0
CA-Breast	45	30.0
Abscess	45	30.0
Total	150	100.00

Description of Table 2: About distribution of the respondents subjects by possible disease at occur in breast, it was observed that (40.0%)

respondents mentioned fibro-adenoma (Tumor), (30.0%) mentioned CA-breast and (30.0%) told abscess (Table no. 2.).

Table No. 3. Distribution of the respondents by level of knowledge on BSE.

Knowledge on BSE	Frequency	
	N	%
Complete knowledge	77	57.0%
Partial knowledge	41	30.4%
Wrong knowledge	17	12.6%
Total	135	100.00

Description of Table no. 3. Regarding the level of knowledge on BSE of the respondents, it was revealed that 135 respondents knew the method of breast self-examination. Among them (57.0%) had

their complete knowledge, (30.0%) had their partial knowledge and (12.6%) had their wrong knowledge (Table no. 3.).

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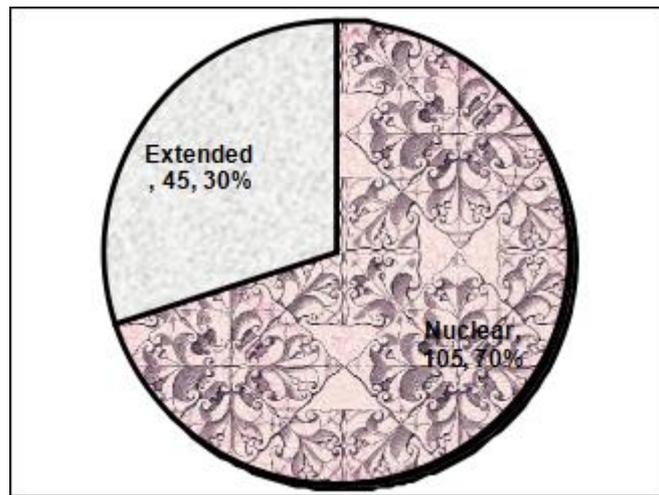


Figure no.1. Distribution of the respondents by family type (n=150)

Description of Figure no 1: Regarding frequency distribution of the study subjects by family type, it showed that the majority (70.0%) students came

from nuclear family. It was also found from the survey that only (30.0%) respondents belonged to the joint family (Figure no. 1).

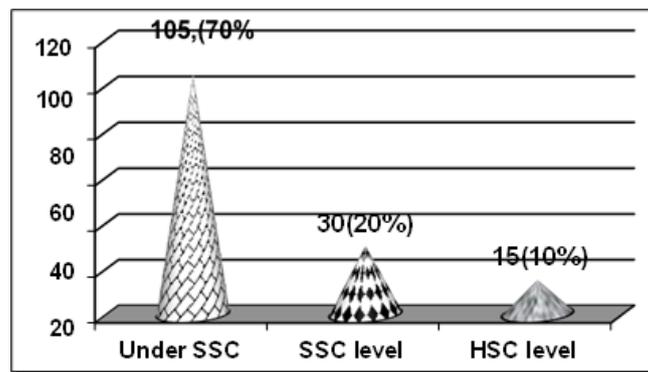


Figure no. 2. Distribution of the respondents by mothers education (n = 150).

Description of Figure no 2: It was observed that educational level of the mother's of respondents, the study showed that majority (70.0%) were under SSC, (20.0%) were SSC level. It was found that (10.0%) were HSC level (Figure no.2).

Discussion:

The present study has been carried out with the objective of explore the knowledge and practices of breast self- examination of the students Khwaja Yunus Ali nursing College , Enayetpur, Sirajgonj, Bangladesh and its relationship with socio-economic status of their family. The information was collected from 150 nursing students by using a questionnaire. It was revealed that most of them (48.0%) belonged to the age 22 years and the mean age of the students was 21.73 ± 1.028 years (Table no.1). About(40.0%)respondents mentioned'fibro-adenoma (Tumor)', (30.0%)

mentioned 'CA-breast' and 30.0% told 'abscess' is a common disease of breast (Table no. 2). The study showed that the majority (70.0%) students come from nuclear family and 30.0% students belonged to the extended family (Figure no. 1).

The study showed that majority (70.0%) mothers were under SSC, (20.0%) were SSC level and (10.0%) were HSC level (Figure no. 2). Most of the fathers of the respondents (40.0%) were farmer, (30.0%) were service holder, (20.0%) were businessman and (10.0%) had their other occupation (Figure no. 03). About (90.0%) respondents knew the method of breast self-examination. Among them (57.0%) had their complete knowledge, (30.0%) had their partial knowledge and (12.6%) had their wrong knowledge.About(90.0%) respondent's had their practice of breast self-examination (Table 3).

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Early detection remains the first priority and regular practice of breast self-examination (BSE) and influences treatment, quality of life, survival, and prognosis of breast cancer patients. Low parity, late age of first pregnancy, early menarche and late menopause, first degree relatives with breast cancer, radiation exposure, obesity, lack of exercise, lack of breast feeding, HRT after menopause, benign breast disease are the important risk factors. Carcinoma breast is the leading cause death from cancer in women between 20-59 years. The slow natural history makes it a potentially curable disease if presented early. Unfortunately the rural women in Bangladesh frequently present with late carcinoma breast. The objective of this study is to find out the stages of the disease when presented for the first time to a qualified doctor.

The study shows that about 43% of our womenfolk present with late stage when the prognosis in terms of survival rate is not so optimistic. Even when they present with early breast cancer, most of them are at stage II. There is scope to improve the scenario by educating them on screening of breast carcinoma by self-examination, mammography, avoidance of risk factors and advantages of FNAC & biopsy from any breast lump. The breast is the second most common site for malignant neoplasms after the lung. It accounts for about 22.4% in females making it the most common cancer in women. As per the recent IARC Report (2008) 470000 new cases were reported even in low-income countries, replacing cervical cancer as the most common cancer in the past two decades.

Conclusion:

The objective of the present study was to assess the knowledge and practice about breast self-examination of nursing students of Khwaja Yunus Ali Nursing College Enayetpur, Sirajgonj, Bangladesh. The study found that the level of knowledge of the respondents on the overall breast self-examination are not complete knowledge. Majority respondents (90.0%) knew the method of breast self-examination. Among them (57.0%) had their complete knowledge, (30.0%) had their partial knowledge and (12.6%) had their wrong knowledge. About (90.0%) respondent's had their practice of breast self-examination.

Recommendations:

The following recommendations are made on the basis of the findings of the present study-

The existing BSE awareness program should be strengthening to cover all the nursing students. The results suggest that there is a need to develop intervention/strategies to increase BSE efficacy and thereby increase BSE practice among the nurses and other groups of the Bangladeshi women. In addition BSE practice should be emphasized by incorporating this topic in Bangladesh nursing curriculum at diploma, bachelor, and master level that can influence nurse's own practice, professional working experience, and personal life-style.

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