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Impact of educational sessions on knowledge, attitude and practice regarding breast self-examination among female nursing students in Beni-Suef University

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Background: Breast cancer is the most common malignant disease in females. Lack of early detection leads to increase mortality rate in less developed countries. Breast Self Examination (BSE) is a simple, quick and cheap procedure for early detection. This study attempts to assess the level of knowledge, attitude and practice regarding breast self-examination in a group of female nursing student.

Aim: The study aimed to evaluate impact of teaching sessions on knowledge, attitude and practice regarding BSE among female nursing students in Beni Suef University.

Methodology: Quasi-experimental study design was used. A total of 50 female nursing students were included in the study; filled in the questionnaire.

Tools of Data Collection: An interviewing questionnaire sheet was taken and the questionnaire comprised of 38 questions (12 on knowledge, 16 on attitude and 10 on the practice). For knowledge items, categorical responses (yes, no and I don't know) were applied with an item score of 3, 2 and 1 and checklist.

Results: Response rate was 96.2%. Pre-education knowledge of the students was poor but post-education knowledge is good, pre-education attitude of students was negative but post-education attitude become positive and pre-education student's practice was un-satisfied but post-education practice is satisfied.

Conclusion & Recommendation: BSE is an effective preventive health behavior and an important component of any program for the early detection of breast cancer. Nursing students, being future health educators should be adequately informed about early detection methods and trained in BSE. Most female nursing students had poor knowledge about BSE and did not perform BSE. Mass media is an important source of information about BSE to improve awareness among the community.

Biography

Amal Roshdi Ahmed has completed her PhD from Benha University on Maternal & Neonatal Health Nursing. She is the Manager of Information Technology unit and Quality Management unit at the Faculty of Nursing, Beni-Suef University.

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