



Breast Self-Examination among Nursing and Physiotherapy Students

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Abstract:

Background: Breast self-examination is a simple, very low cost; noninvasive with no special material/tool requirements; and it is an effective diagnostic method for breast cancer, which only takes five minutes to apply. **Objective:** to assess the level of Knowledge and Practice of Breast self-examination among nursing and physiotherapy students in one of the Private University in Malaysia.

Subjects and methods: Descriptive, cross sectional study was used for conducting the study, a regular random sample has been used, total of 170 student were involved. Data collected using questionnaire. Validity and pilot study were examined with ethical approval from both faculties.

Results: Study results have shown that 81.2% of the respondents had good overall knowledge towards BSE, The major source of information about BSE (40.0%) was mass media and classes in the study and

(21.2%) practice BSE always every month. There was a significant difference between academic levels towards Knowledge of BSE. At the same time, there was a significant difference between level of Study and practice of BSE ($P= 0.009$). Base on comparison using T-Test on their knowledge and Practice of BSE, there was a highest knowledge of BSE among Physiotherapy students than nursing while level of Practice was High among the Nursing Students. **Conclusion and recommendation:** There was High level of Knowledge of BSE among the respondents. Nursing Student was found having the highest level of Practice while Physiotherapy had the highest Knowledge of BSE. Mass media and classes were their sources of Information; therefore, Mass Media is an important source of information about BSE to improve awareness among the community as well as including it in the curriculum from year 1 to year 4.

Biography:

My names are Kasimu Felicia odufa, I hail from Nigeria a student of BSN Mahsa University, Bandar Saujana Putra Campus 42610, Jenjarom Malaysia, through Nigeria Federal Government full Scholarship. I am 29 years of age, the Acting President Mahsa Nightingale's Nursing Club and the class representative for 2 years now.

I am a student who strives in understanding what wrongs in the community and how to identify and rectify what the problem may be through research. So I decided to choose a topic related to this "Breast self-examination on Female Nursing and Physiotherapy student s in one of the private University in Malaysia" as my thesis for Bsc. Hons. Nursing.