



**Mrs Monisola Omishakin (Nigeria)**

*Knowledge and practice of breast self-examination among female adolescents in Osogbo, Nigeria*



# **KNOWLEDGE AND PRACTICE OF BREAST SELF EXAMINATION AMONG FEMALE ADOLESCENTS IN OSOGBO, NIGERIA.**

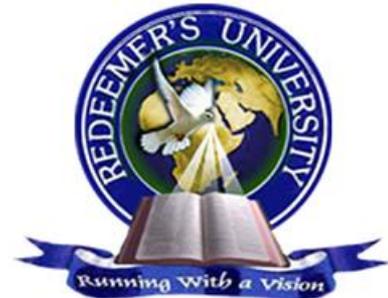
*PRESENTED BY*

*MONISOLA Y.J. OMISHAKIN*

*(RN, RM, RPHN, MSc. Nursing, RME, MWACN)*

*AT THE*

*5<sup>th</sup> Commonwealth Nurses and Midwives  
Conference on the 7<sup>th</sup> March, 2020 @ London,  
UK.*



# Introduction

- Breast self examination is a screening method used in an attempt to detect breast cancer early.
- The method involves the woman herself looking at the mirror and feeling each breast for possible lumps, distortion or swelling (Koster & Gotsche, 2011).
- BSE is an important cheap and easy method for early diagnosis of breast cancer (Shrivastava, 2013).
- Cancer is a group of complex disease characteristics by uncontrolled growth of abnormal tumor cells.



# Introduction cont'd

- Breast cancer is one of the leading causes of morbidity and mortality worldwide, with nearly 14million new cases in 2012, which is expected to rise by about 70% over the next two decades (WHO, 2017).
- In 2018, it was estimated that 627,000 women died of breast cancer which is approximately 15 % of all the cancer deaths among women (WHO, 2020)
- Breast cancer is a global disease of significant burden and its incidence continues to rise especially in sub-Saharan African (Balogun, 2016).

# Introduction cont'd

- The American Cancer Society (2014) recommends that women, starting from the age of 15 years should be educated on the pros and cons of performing a monthly BSE.
- Kayode, Akande and Osagbemi (2013) also asserted that despite the advent of modern screening methods, more than 90% of cases of cancers of the breast are detected by women themselves, stressing the importance of BSE.
- Okobia (2011) also stressed that there is evidence that most of the early breast tumors are self discovered and that majority of early self discoveries are by BSE performers.

# Introduction cont'd

- The low survival rates in less developed countries may be explained mainly by lack of early detection programmes, lack of adequate diagnosis and treatment facilities which results in a high proportion of women presenting with late stage disease at which time little or no benefit can be derived in form of therapy.
- Reports shows that majority of cases occurred in premenopausal women and the mean age of occurrence ranged between 43-50years across regions in Nigeria and the youngest age recorded was 16years (Banjo, 2014).

# Introduction cont'd

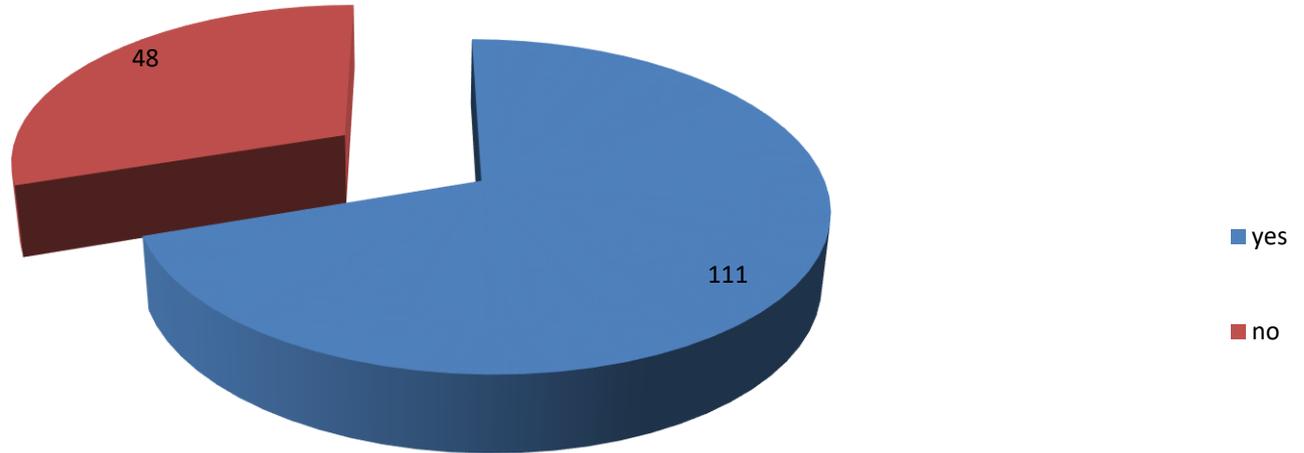
- This study therefore aimed to assess the knowledge and determine the level of practice of BSE toward prevention of breast cancer among female adolescence of two selected secondary schools Osogbo.

# Methodology

- This descriptive study was conducted among one hundred and sixty adolescents between age 12 to 16 recruited from Ata Oja Government High School and Baptist High School both Osogbo Local Government Osogbo, Osun State using stratified random sampling technique.
- A self-structured questionnaire was used for data collection which was analyzed with SPSS version 22 and was summarized using tables and bar charts.

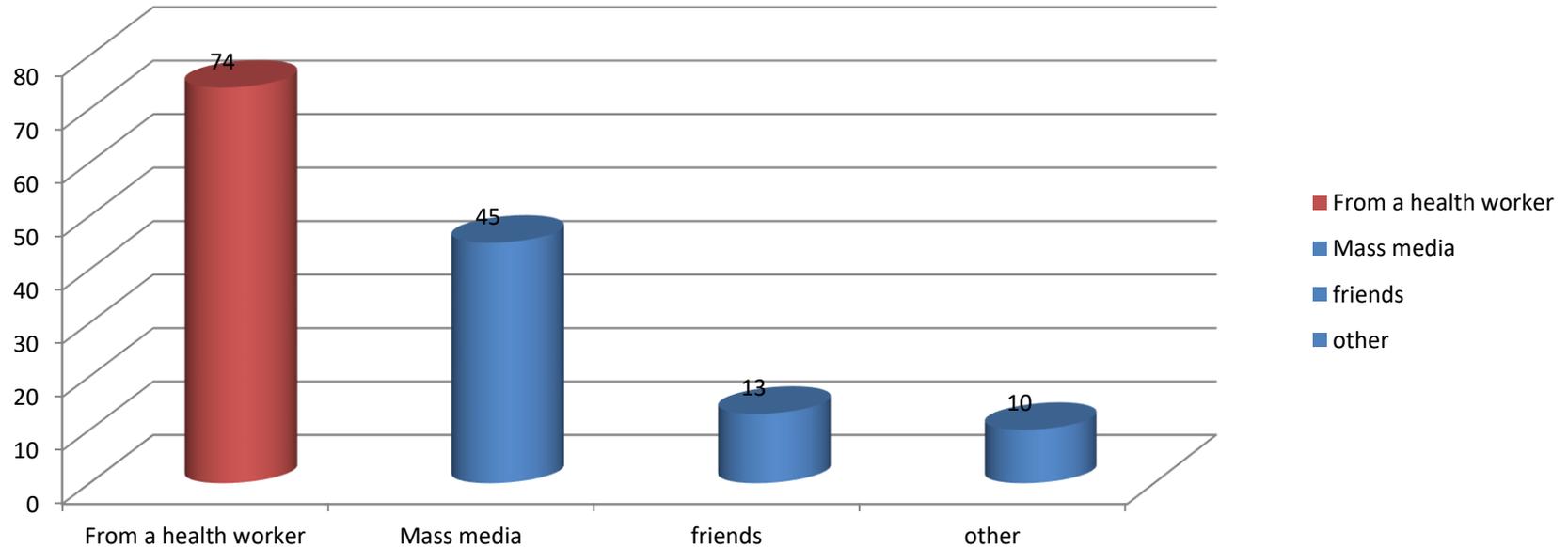
# Results

Have you heard about breast self examination

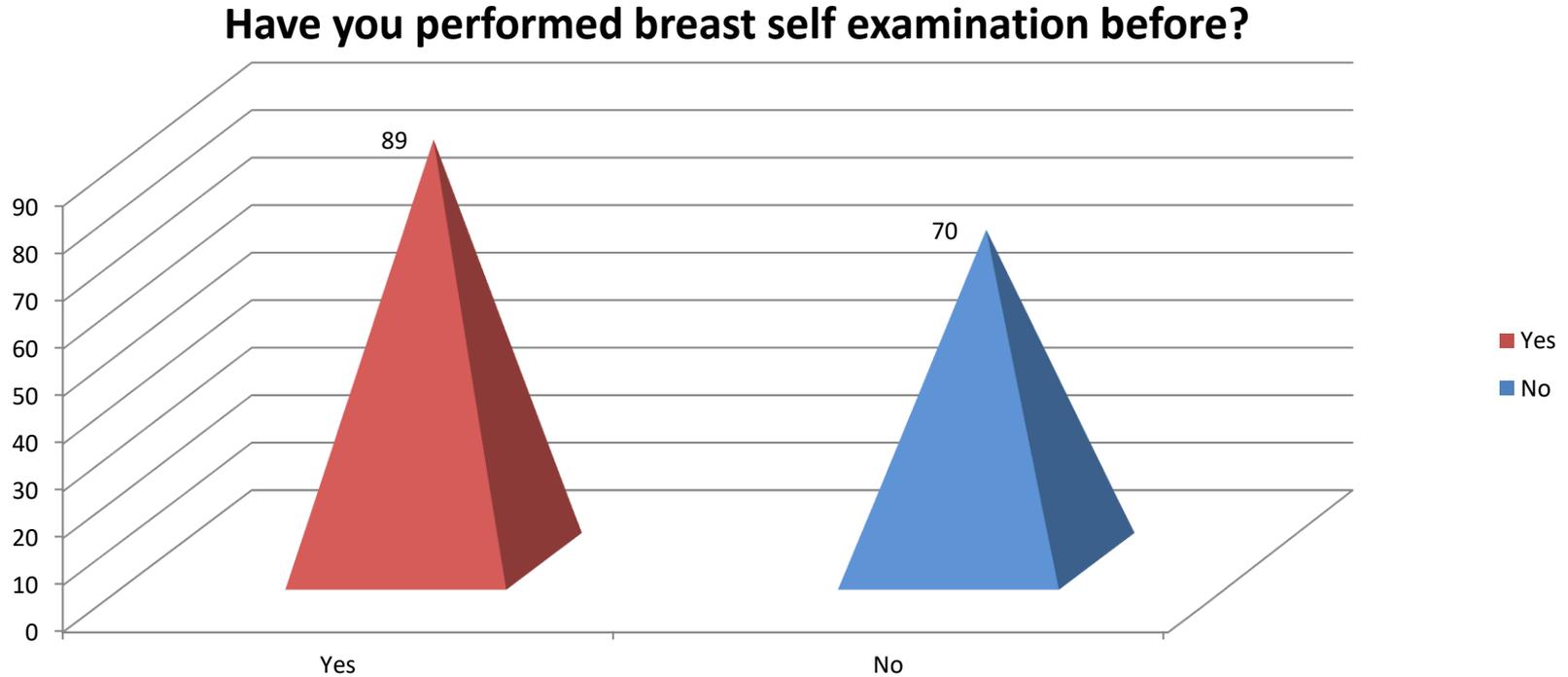


# Knowledge of Breast Self Examination

If yes, how do you hear about it



# Practice of Breast Self Examination



# Practice of Breast Self Examination

- These were some of the reasons identified for not performing BSE:
- It is difficult to perform, I don't know how to perform it, it is painful, no time, not easy, not necessary, scared of having lump, unaware, we don't perform it in our family.

# Summary

- This research work explored the knowledge and practice of breast self examination towards prevention of breast cancer among female adolescents in two selected Secondary Schools Osogbo.
- A sample size of 160 respondents of female adolescents were selected through a stratified random sampling technique.
- A descriptive design was utilized and questionnaire was used to collect data. The data was analyzed using statistical package for social sciences (SPSS) 22, result derived was interpreted using tables, figures, and percentages, chi-square was used to analyze the hypotheses at 0.05 significant level.

# Summary cont'd

The study discovered that:

- 69.8% respondents had knowledge on BSE as one way of preventing breast cancer,
- 40.6% of the respondents consent that they feel uncomfortable touching their breast,
- 44.5% indicated that going to school affects the practice of BSE.
- The study also revealed a significant relationship between the knowledge of female adolescents and their practices of BSE.
- 53% agreed that they found it difficult to examine their breasts,
- 46.3% stated that BSE is not necessary while 61.9% agreed that the hospital is the only place for breast examination.

# Conclusion

- Respondents demonstrated good knowledge about BSE which was not reflected in their practice.

# Recommendations

- Nurses should take outreach to schools periodically in order to teach the female students on how to perform the BSE.
- School health services with reproductive health services is a must in our schools
- Teachers, Parents, Community and the Government also has roles to play to encourage the practice of BSE in order to reduce the rate of breast cancer in the world.

# Male & Female BREAST SELF-EXAMINATION

## Breast Self-Examination



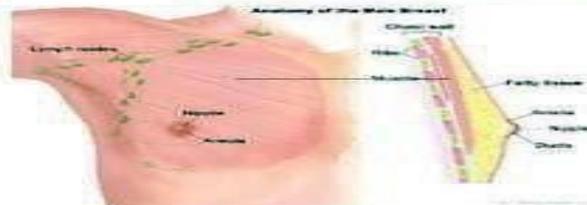
1. Lie down and put your left arm under your head. Use your right hand to examine your left breast. With your 3 middle fingers flat, move gently in small circular motions over the entire breast, checking for any lump, hard knot, or thickening. Use different levels of pressure - light, medium and firm - over each area of your breast. Check the whole breast, from your collarbone above your breast down to the ribs below your breast. Switch arms and repeat on the other breast.



2. Look at your breasts while standing in front of a mirror with your hands on your hips. Look for lumps, new differences in size and shape, and swelling or dimpling of the skin.



3. Raise one arm, then the other, so you can check under your arms for lumps.

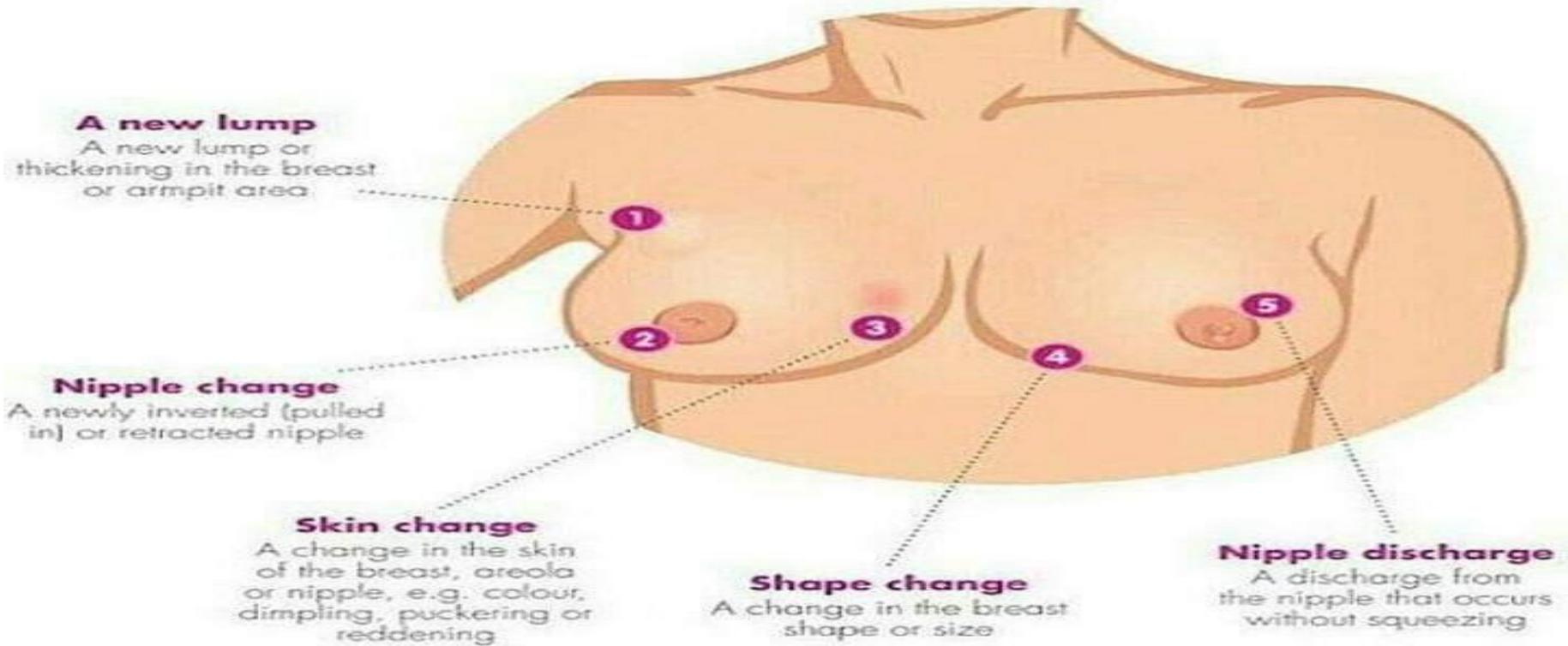


4. Squeeze the nipple of each breast gently between your thumb and index finger. Report to your healthcare provider right away any discharge or fluid from the nipples or any lumps or changes in your breast.

### Symptoms of Male Breast Cancer



# What to look out for during BSE



## WHAT BREAST CANCER CAN LOOK & FEEL LIKE

thick mass

indentation

skin erosion

redness or heat

new fluid

dimpling



bump



growing vein



retracted nipple



new shape/size



orange peel skin



invisible lump



A cancerous lump is often hard and immovable, like a lemon seed.

[knowyourlemons.com](http://knowyourlemons.com)

# References

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Thanks  
for your  
attention