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Role of educational intervention in improving the knowledge, attitude and practice of Iranian women about breast self examination

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Aim: The aim of this study was to evaluate the effects of education on knowledge and attitude of breast self examination (BSE) among women.

Method: Knowledge and attitude of BSE among 200 married women aged 15-50 years who referred to the preventive health care centers were evaluated by a preliminary study. After that, an educational program about BSE was carried out every month till 6 months. Subjects were divided into intervention group and control group (each group containing 100 women) by randomized sampling. Six months later, final situation was evaluated.

Results: The mean age of women was 31 years. The knowledge ratio about BSE in the study group increased from 23.3% to 77.4% while it was 30.8% in the control group. Similarly the ratio of regularly performing BSE in the study group increased from 9.0% to 55.3.3% while the same ratio was found 11.7% in the control group. The differences between two groups before and after training were statistically significant. Also the result determined that there was a meaningful relationship between age and skills of women about BSE ($p=0.005$). There was significant relationship between literacy and BSE ($P=0.000$)

Conclusion: The results of this study suggest that an educational program can be significantly effective in improving BSE practice in women which is the best way of screening program.

Biography

Jafari Shobeiri M is working as a Professor at Tabriz University of Medical Sciences Iran, in the department of Women's Reproductive Health Research Center, Department of Gynecologic Oncology and also working in the Alzahra Hospital.

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