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Title: Practice of Breast Self-Examination and Associated Factors among Female Health Workers in Saint Paul's Hospital Millennium Medical College

Background: Breast cancer is the top cancer in women, and it is a global health problem. It may be a manageable disease, just in case of early diagnosis with sufficient treatment protocols like advanced surgical intervention, chemotherapy and radiation therapies. Breast self-examination is a screening technique that involves examining ones' breasts for lumps distortions or swelling.

Objectives: the aim of this study was to assess practice of breast self-examination and associated factors among female health workers in Saint Paul's Hospital Millennium Medical College, Addis Ababa, Ethiopia, 2022

Methods: Institution based cross sectional study design was carried out at St. Paul's Hospital Millennium Medical College. Stratified and systematic random sampling technique was conducted to get respondents that were considered in the study. The data for this study was collected by professional nurses using structured questionnaire. Once the data collected it was analyzed by SPSS version 20 software. Logistic regression analysis was utilized. Predictors with a p-value of < 0.05 were considered as statistically significant.

Results: Four hundred respondents participated in the study giving 100% of response rate. The median age of study participants was 28 years old, with an inter-quarter range of 6 years. About 63.75% of study participants had good knowledge about BSE, 46.25% of healthcare workers had a positive attitude towards BSE, and 76.25% of female healthcare workers had practiced BSE. Age in years; the age category of 25–29 years [AOR=0.10; 95%CI: 0.01, 0.88] and 35–39 years [AOR=0.09; 95%CI: 0.01, 0.92], monthly income: less than 5250 ETB [AOR=0.19; 95%CI: 0.035, 0.996], 5251–7800 [AOR=0.16; 95%CI: 0.032, 0.78], and 7801–10900 ETB [AOR=0.18; 95%CI: 0.04, 0.83] and knowledge towards BSE [AOR=2.08; 95%CI: 1.23, 3.53] were significantly associated with the practice of BSE.

Conclusion: The study showed that the practice of breast self-examination was 76.25%. Age in years, monthly income, and knowledge of participants towards BSE have statistically significant association with breast self-examination practice. The Medical School opened in 2007, the new Millennium era of the Ethiopian calendar, which is 7 years behind the Gregorian calendar. It is intended to alleviate the severe shortage of medical doctors in the country. In line with various encouraging efforts performed by the Ethiopian Federal Ministry of Health in this regard, it is clear that the newly opened school, with a practical modular and integrated curriculum, [clarification needed] will be providing much-needed medical professionals to the people of Ethiopia.

Biography

Muluneh Tufa works at Women's Health Related Issues Associated Factors among [Female Health Workers](#) in Saint Paul's Hospital Millennium Medical College, Addis Ababa, Ethiopia

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