

**KNOWLEDGE & PRACTICE OF BREAST SELF EXAMINATION  
AMONG FEMALE COMMUNITY HEALTH VOLUNTEERS**

**By:**

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**in fulfillment of the Requirement for the Master Degree in Health Education**

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FACULTY OF EDUCATION  
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ITAHARI**

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Tribhuvan University  
**Janta Multiple Campus**  
Itahari, Sunsari, Koshi, Nepal  
Estd: 2045  
(Science, Humanities, Management & Education)

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### RECOMMENDATION LETTER

This thesis is entitled "**Knowledge and Practice of Breast self Examination among Female Community Volunteer** " submitted by **Junu Adhikari** in partial fulfilment of requirement for the Master's degree in Health and Physical Education under my supervision. Therefore, it is recommended for viva voice.

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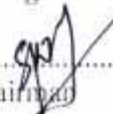
## APPROVAL SHEET

This thesis is entitled " **Knowledge and practice of breast self examination among female community volunteer** " submitted by **Junu Adhikari** in partial fulfilment of requirement for the Master's degree in Health and Physical Education has been approved.

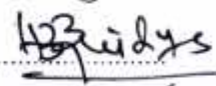
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## **DECLARATION**

I hereby declare that to the best of my knowledge this thesis is my original no part of it was earlier for the candidature of research to any university.

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Junu Adhikari

June 2018

## ABSTRACT

This study focuses on “KNOWLEDGE AND PRATICE OF BREAST SELF EXAMINATION AMONG FEMALE COMMUNITY HEALTH VOLUNTEERS WORKING IN ITAHARI SUB METROPOLITIAN CITY”. The main aim of this study was to find out the existing knowledge and practice of FCHV on BSE. This study was quantitative and descriptive in nature.

This study was based on both primary and secondary sources of data. Descriptive research design was adopted for study. This study was conducted among 135 FCHV. The sampling procedure was purposive .Questionnaire and interview was necessary to collect information.

As breast cancer is the most common cancer of women in the United States and affluent European countries .Low and middle resources countries have historically reported lower rates of breast cancer than high resource countries .However, over the past twenty to thirty years, data support a trend of increasing incidence and mortality from breast cancer in lower resource countries of the over million new cases of breast cancer that will be diagnosed worldwide in 2009 low and middle resource countries will be burdened with 45% of breast cancer cases and 55% of breast cancer related death.

As this revive highlights the knowledge and practice of BSE among Female Community Health Volunteers of Itahari Sub Metropolitan City. It is found that 100% of respondents were married and literate. All FCHV income was below Rs.10,000. Similarly 100% of respondents had menarche at the age of 10-15 years and all respondents has children also 100% had no history of breast cancer. Likewise, 26.64% uses contraceptives devices as for family planning purposes but 73.3% do not use contraceptive devices.

As reference to knowledge regarding Breast Self-examination but 5.2% understand a method to detect abnormalities in the breast at early stage also 2.2% understand as a method to cure breast cancer,3.7% of FCHV respond as early detection of breast cancer,59.3% gave reason as cure breast cancer. It is found that, 3.7% of FCHV respond as early detection of breast cancer, 59.3% gave reason as cure of breast cancer,3.7% said as confirmatory diagnosis of breast cancer ,14.8% reasoned as palliative care of breast cancer and 18.5% were unknown about understanding on BSE. Then after 3.7% respondent said to check breast monthly beside this 96.3%

were unknown about it. Then 100% of respondents were unknown about age of starting of BSE .Incase of any changes/finding after BSE 3.7% of respondents wait for 6months, 9.6% of respondents consult the doctor, 3.7% do not do anything unless it is painful. All [100%] of respondents were unknown about age group prone to breast cancer. Similarly.5.2% of respondents had CBE [Clinical Breast examination] but 94.8% had not examine their breast by health professional. Likewise, 7.4% respondents to examine breast through inspection only, 2.2% palpation only, 5.2% inspection and palpation and 85.2% were unknown about it. It is found that 2.2% respondents as upper outer quadrant and 95.6% were unknown about the common site of breast cancer.

As considered to the BSE practice, among 135 only 4.4% practice BSE. Reference to inspecting while performing BSE, 3.7% inspect the breast standing behind the mirror with her shoulder behind the mirror with her shoulder straight and her arms on hips. Likewise, 3.7% look at the breast and note any differences in change in size, shape or symmetry, dimpling, inverted nipple, redness, swelling and any discharge from nipples 3.7% raise her arms and looks for the same symmetry but 96.3% do not raise their arms. As considered to palpation 3.7% use left hand for right breast and right hand for left breast. And also, 2.2% palpate her breast using pads of middle finger but 97.8% do not use three middle finger.

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## ABBREVIATIONS

BC	:	Breast Cancer
BSE	:	Breast Self-Examination
CBE	;	Clinical Breast Examination
FCHV	:	Female Community Health Volunteers
HW	:	Health Workers
KAP	;	Knowledge, Attitude & Practice
MoHP	:	Ministry of Health & Population
SPSS	;	Statically Package for Social Sciences
TU	:	Tribhuvan University
WHO	:	World Health Organization