

Breast Cancer Risk-Factors and Breast Self Examination Practice among Jordanian Women

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Objective: To evaluate the level of knowledge of breast cancer risk factors and breast self examination (BSE) among Jordanian women.

Design: Survey.

Setting: Al-Karak governmental hospital, southern of Jordan.

Method: One hundred and fifty-one women working in the hospital, aged (20-51). The subjects completed an instrument composed of 3 forms developed by the researcher, the first one including personal characteristics of the subjects, the second form composed of 14 items concerning breast cancer risk factors and the third form composed of 7 items of breast self examination (BSE). Data were analyzed using descriptive statistics.

Result: Subjects had low mean level of knowledge about breast cancer risk factors (mean = 6.95 SD = 2.8) (correct 49%). Knowledge of BSE was good, 91.4% heard of BSE, 73.5% know the time of performing it, 71% know the frequency and 65% know the method to perform BSE. Thirty-nine percent practice BSE monthly.

Conclusion: Knowledge of breast cancer risks factors and breast self examination practice need to be promoted among Jordanian women.

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