



WOMEN'S HEALTH

**THEMATIC PROJECT
COMMUNITY RESIDENCY
PROGRAMME 2007**

GROUP :

KUBANG PASU, KEDAH

OBJECTIVES

- To determine the level of breast health awareness among women in rural areas of Malaysia.
- To establish the attitudes and practice of Breast Self Examination (BSE).
- To determine the number of women who have done Pap smear and BSE.
- To determine the barriers towards acceptance of Pap smear screening among women in rural areas.



MATERIALS AND METHODS

Cross sectional study

Study area – 5 stations (Kubang pasu, Raub, Bentong, Alor Gajah, Bota)

Survey questionnaires and coding forms

Targeted population: Women

- Age ≥ 15 (breast health awareness)
- Age ≥ 20 (Pap smear)

Data collection

Formal face-to-face interview

Responses recorded in a coding form

Data processing

SPSS version 13.0

Microsoft Excel



ERRORS AND LIMITATIONS

- Questionnaires
- Respondents
- Interview process (communication, language barriers)
- Literacy
- Sampling



RESULTS

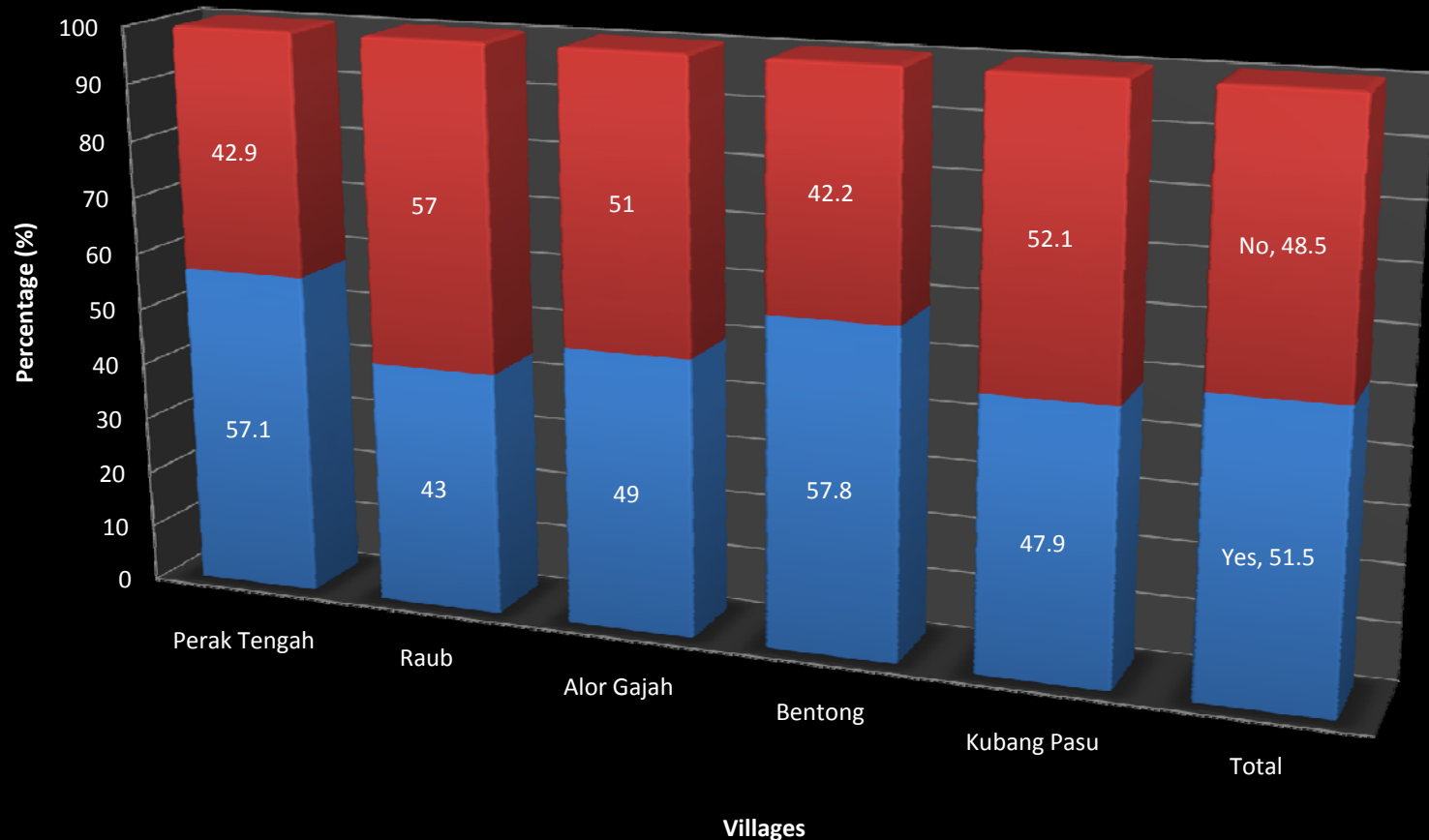
•BREAST SELF EXAMINATION

- *Practice of breast self examination in each station
- *Association between breast self examination and races
- *Reasons for doing breast self examination
- *Reasons for not doing breast self examination
- *Association between practice of breast self examination and educational level
- *Association between educational level and frequency of performing breast self examination

•PAP SMEAR EXAMINATION

- *Pap smear examination in each station
- *Frequency of pap smear examination
- *Association between pap smear examination and family history
- *Association between pap smear examination and marital status
- *Barriers in pap smear
- *Perception towards pap smear examination

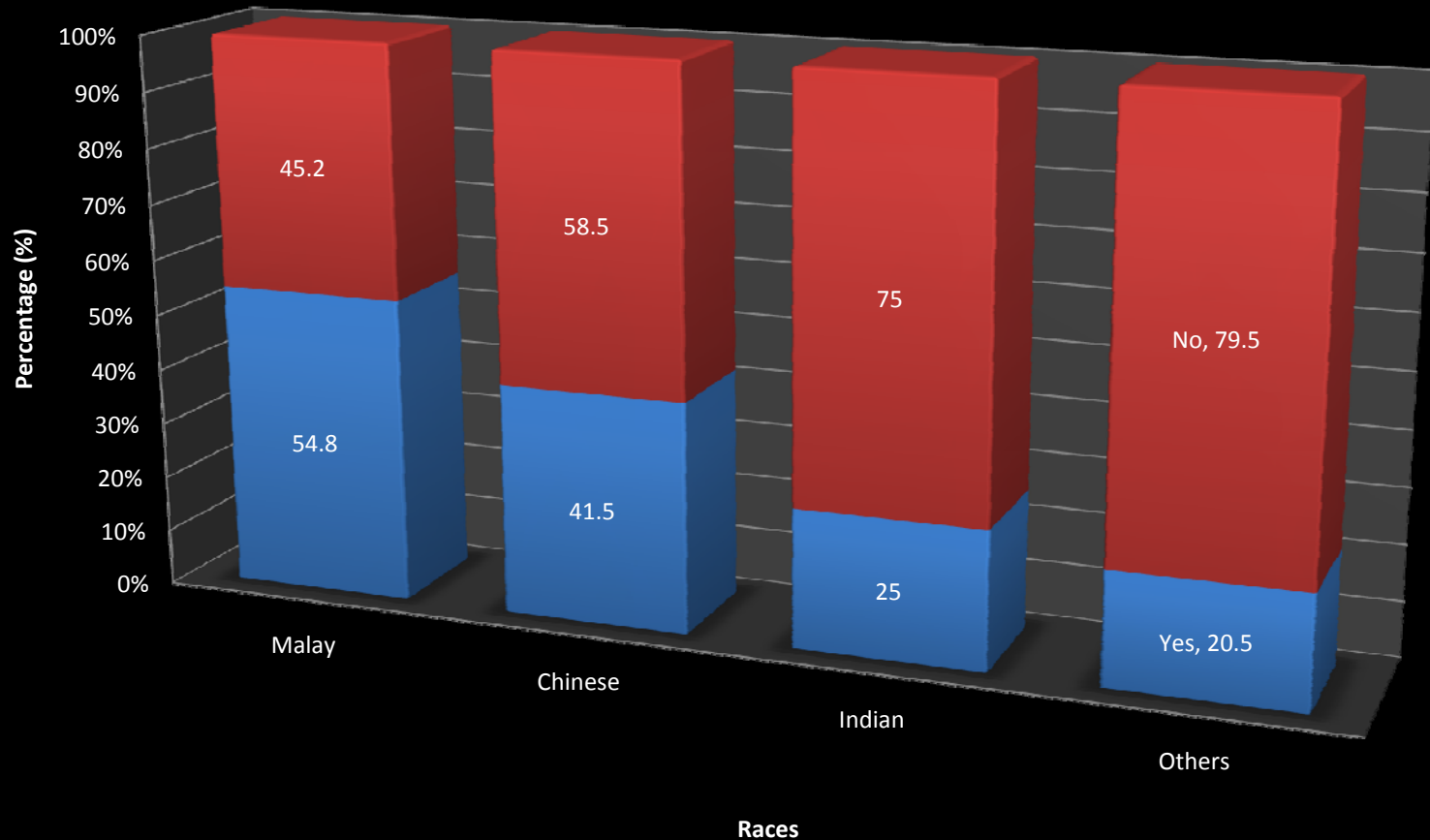
Practice of Breast Self Examination In Each Station



Bar chart above shows percentage of breast self examination practice in each station.

More than half of the total respondents had done breast self examination at least once in their life. Bentong and Perak Tengah stations are the two stations which have more than 50% respondents who had done breast self examination while the rest stations are less than 50%.

Association Between Practice of Breast Self Examination and Races

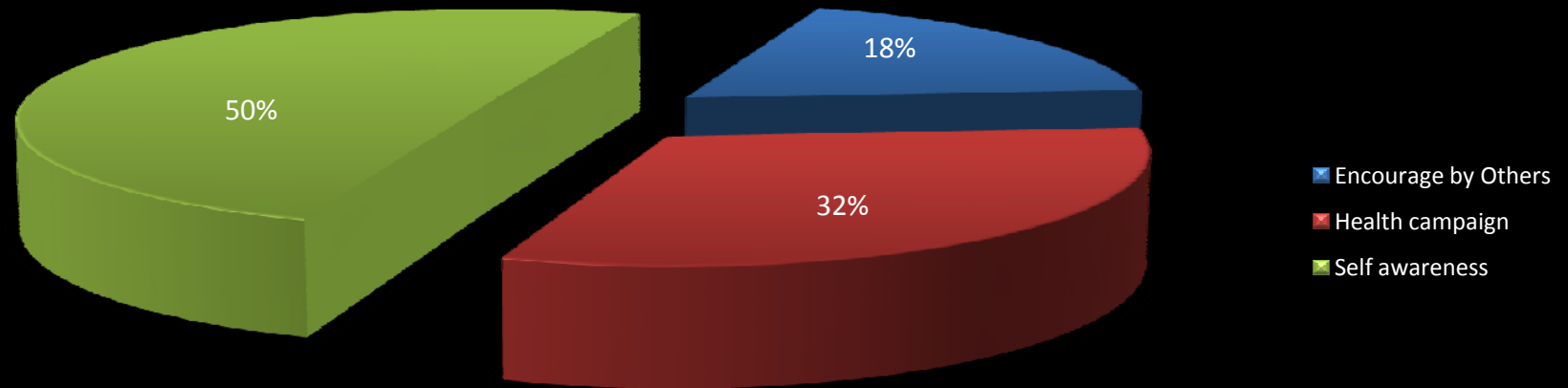


$p < 0.05$

Bar chart above shows association between practice of breast self examination and races.

More than 50% of Malay respondents had done breast self examination while Chinese is about 42% but for Indian and Others, there are only 25% and 20.5% had done it due to lack of awareness and difficulties to assess health center in their places.

Reasons For Doing Breast Self Examination

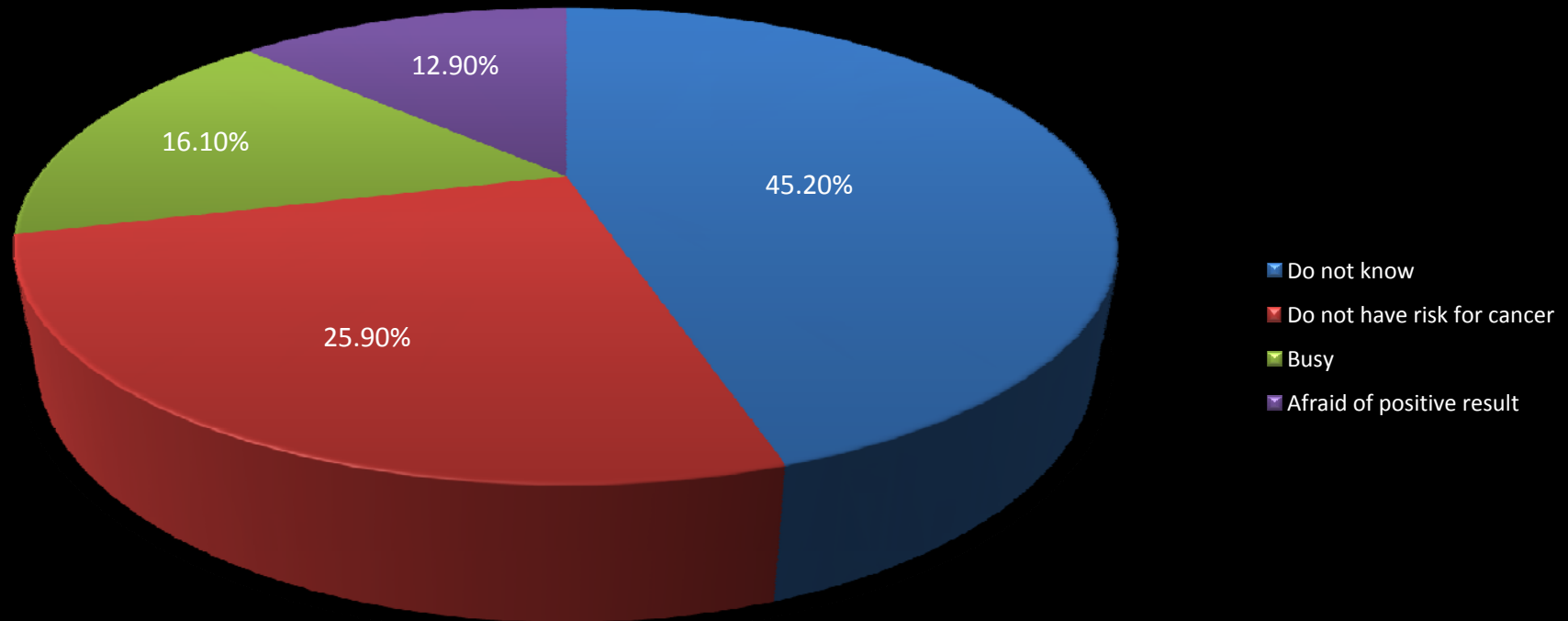


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Pie chart above shows reasons for doing breast self examination among total respondents.

50% of total respondents are self aware of practice of breast self examination followed by health campaign (32%) and encouraged by others (18%).

Reasons For Not Doing Breast Self Examination

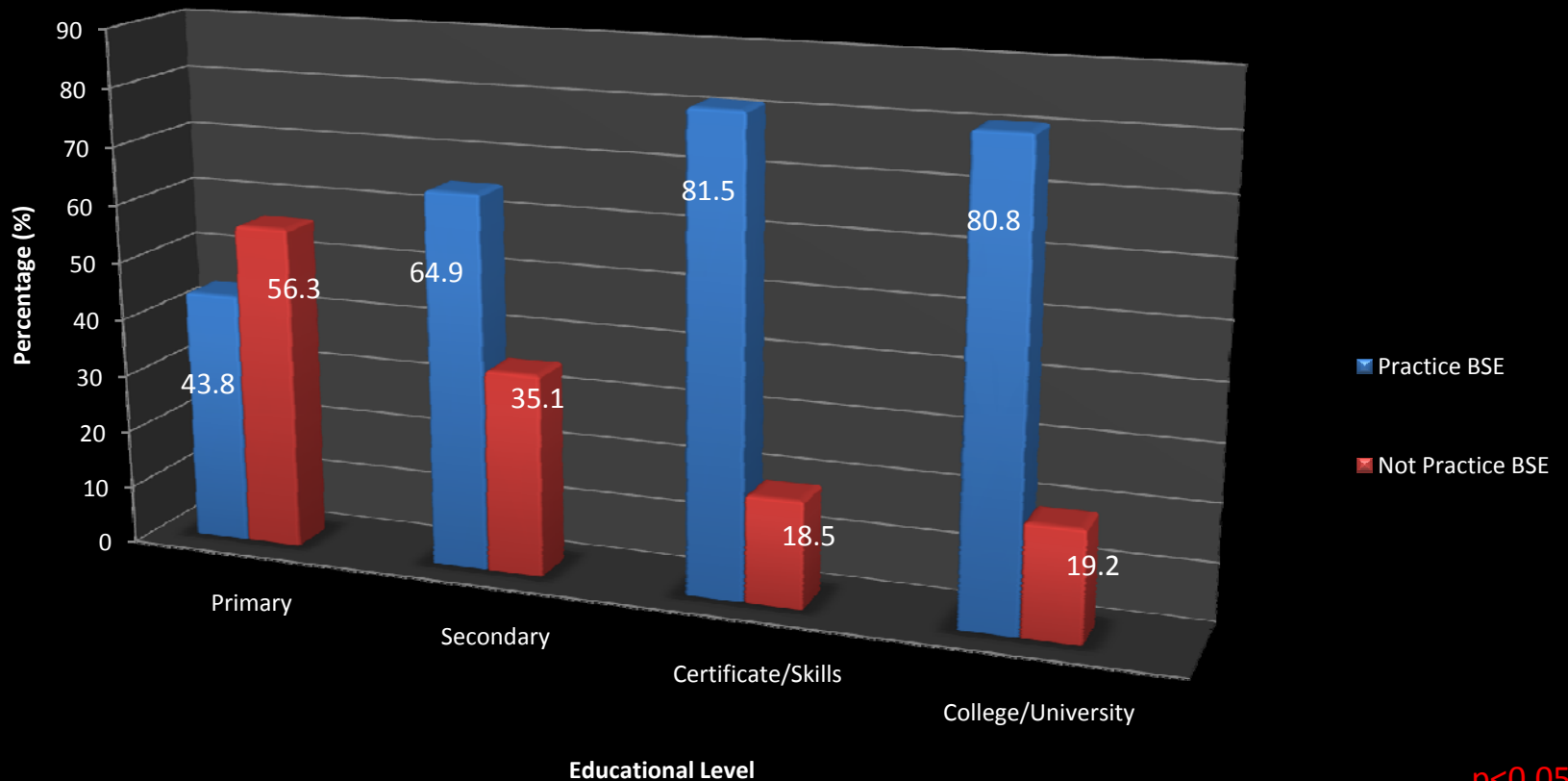


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Pie chart above shows reasons for not doing breast self examination among total respondents.

Most of them (45.2%) do not know how to do the examination while 25.9% think that they do not have risk factor to develop cancer. 16.1% are busy and 12.9% of them are afraid of positive result if they go for further investigation.

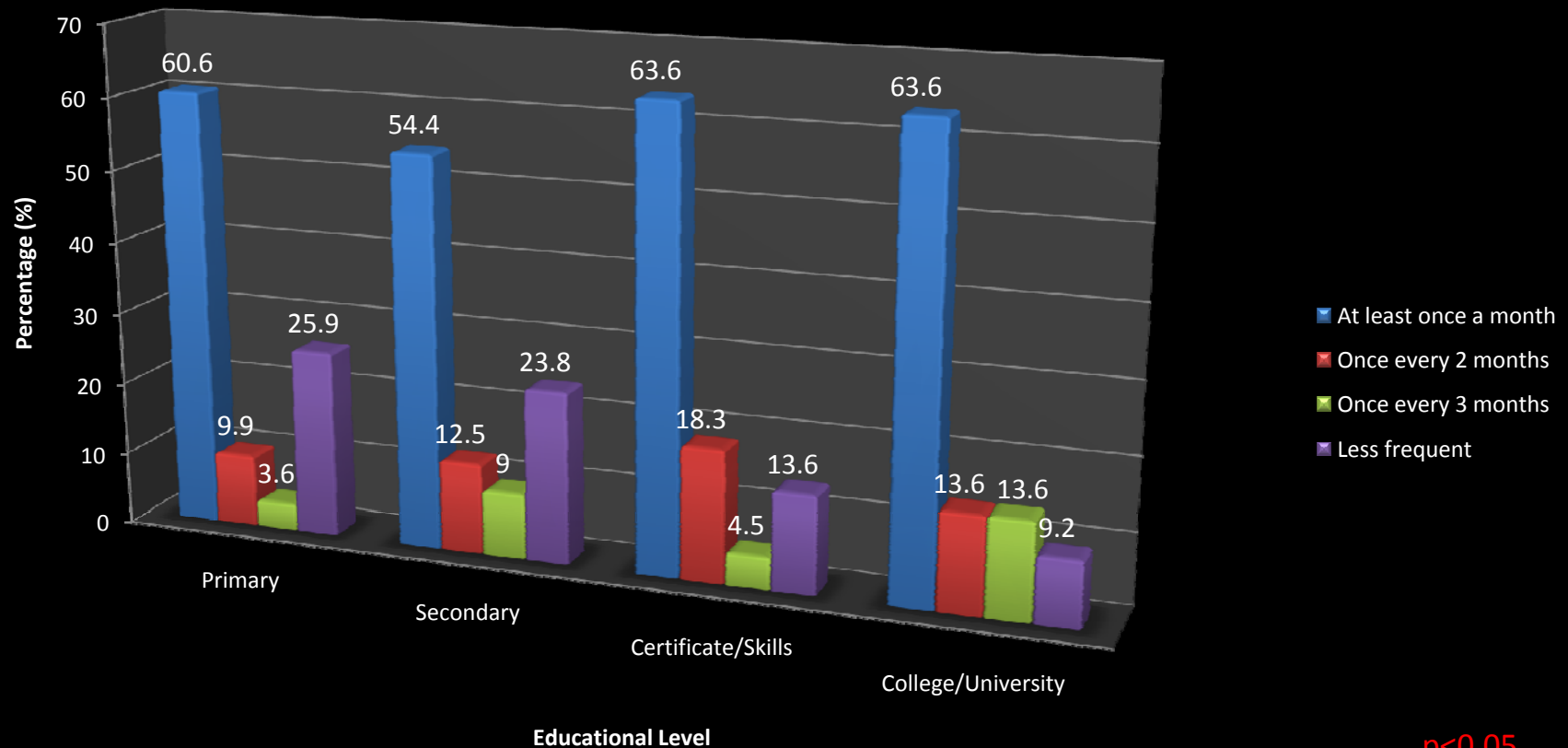
Association Between Practice of Breast Self Examination and Educational Level



Bar chart above shows association between practice of breast self examination and educational level.

From this chart we can conclude that the higher the educational level, the more likely of the respondents to perform breast self examination.

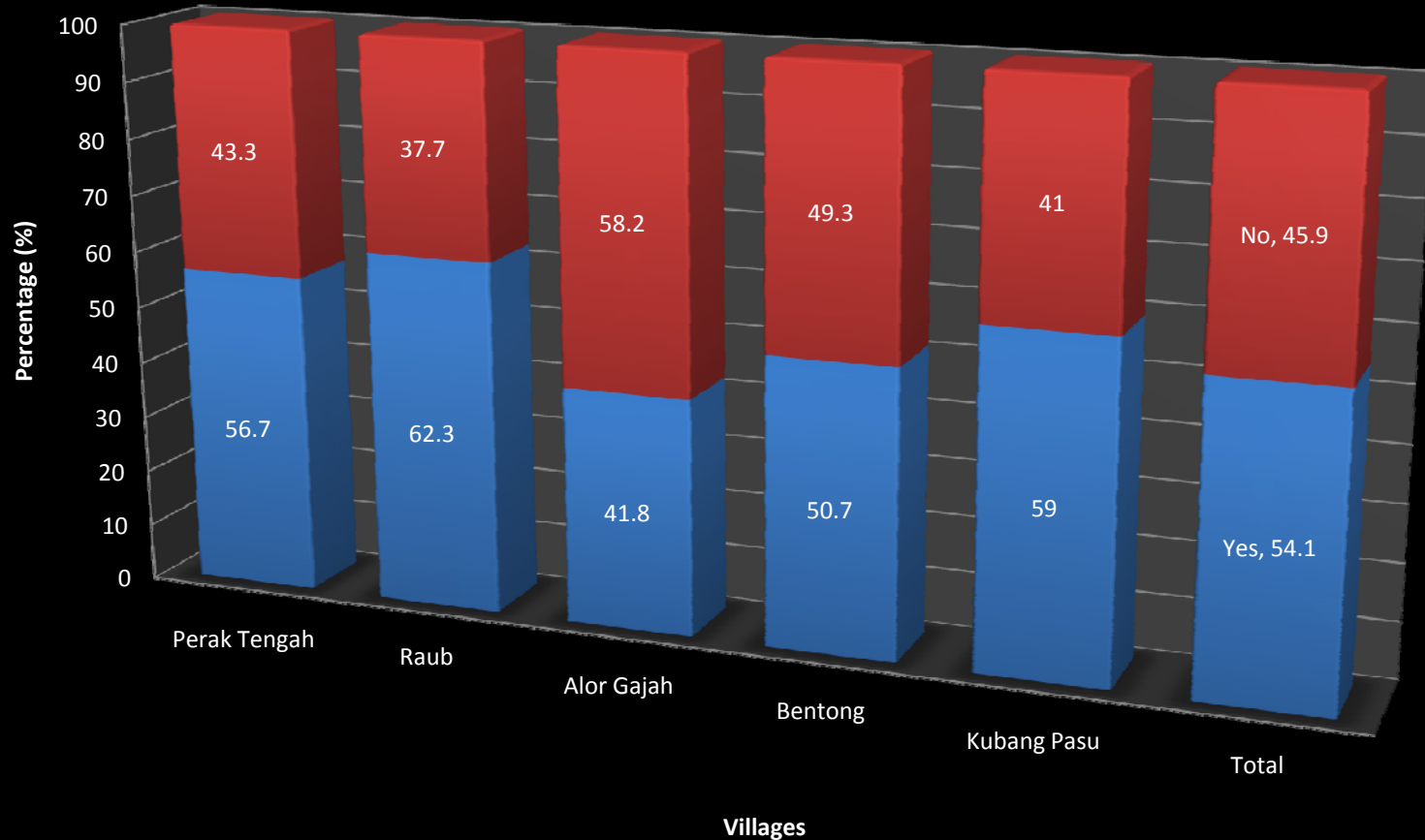
Association between Educational Level and Frequency of Performing Breast Self Examination



Bar chart above shows association between educational level and frequency of performing breast self examination.

From this chart we can conclude that most of them which underlying educational level (primary, secondary, certificate/skills, college/university) perform breast self examination at least once a month.

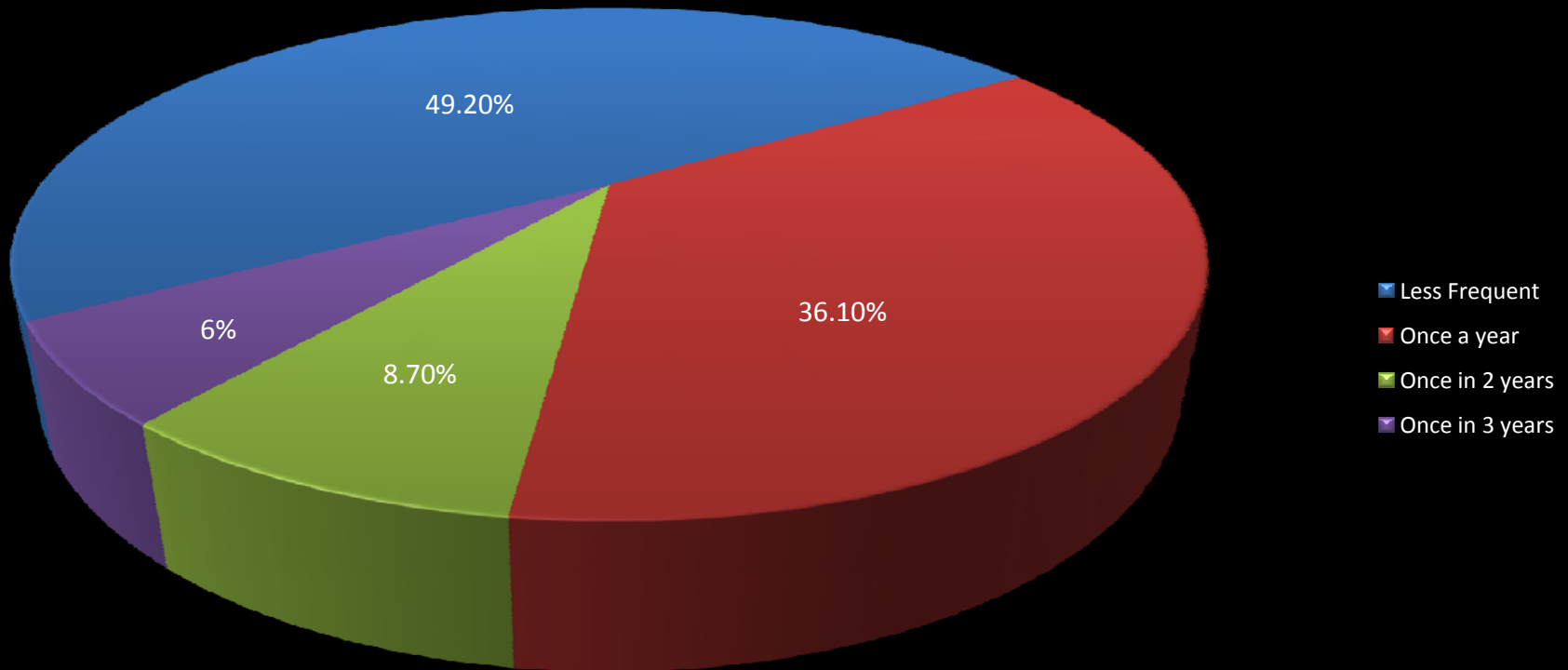
Pap Smear Examination In Each Station



Bar chart above shows percentage of pap smear examination in each station.

More than half of the total respondents from 5 stations had done pap smear at least once in their life. Subsequently, only 41.8% respondents from Alor Gajah had done pap smear at least once compared to other 4 station which mostly are more than 50% (Perak Tengah 56.7%, Raub 62.3%, Bentong 50.7, Kubang Pasu 59%).

Frequency of Pap Smear Examination

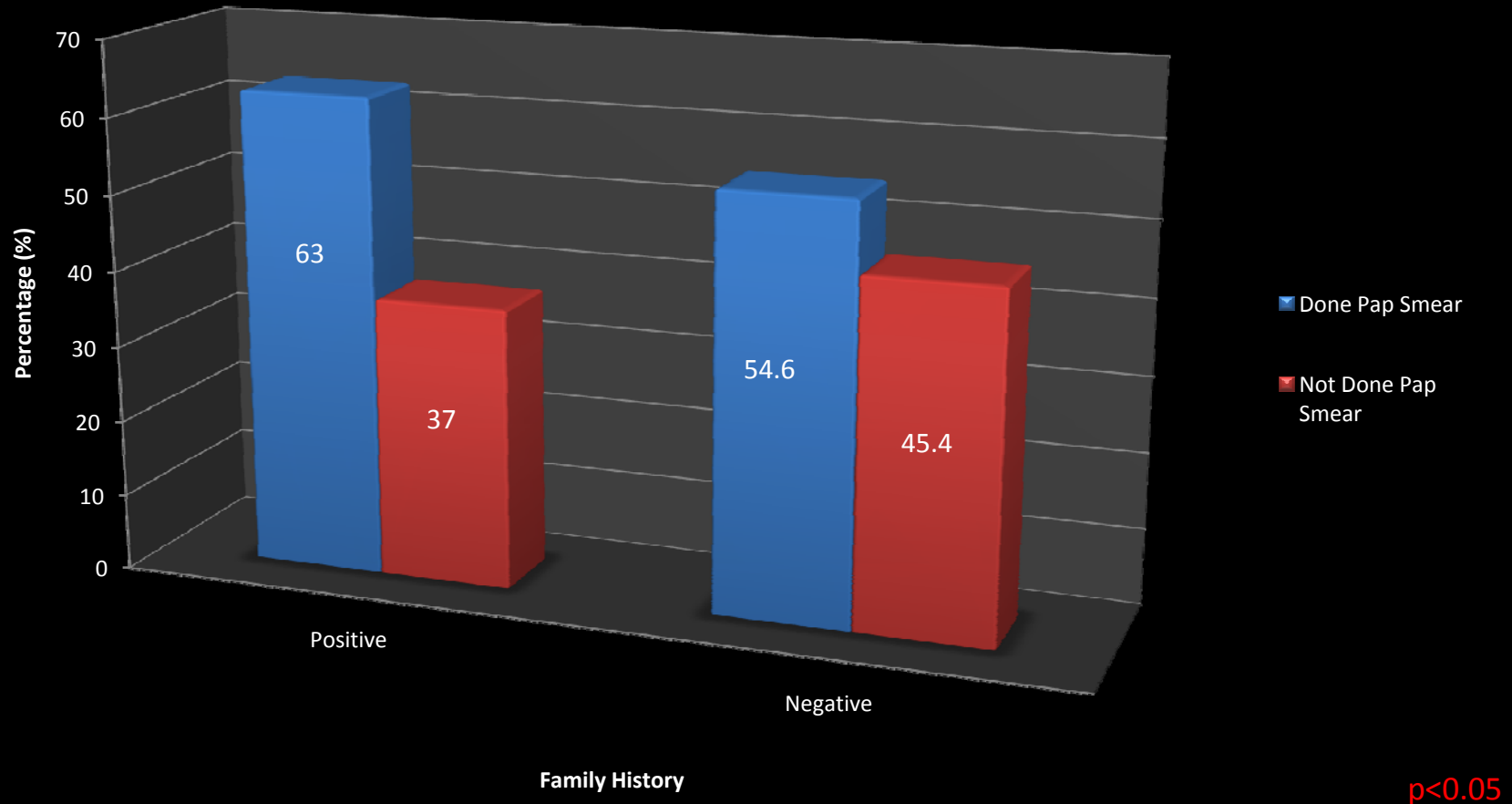


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Pie chart above shows the frequency of pap smear examination done among total respondents.

Almost half of them (49.2%) repeat the examination less frequently followed by 36.1% once a year, 8.7% once in 2 years and 6% once in 3 years.

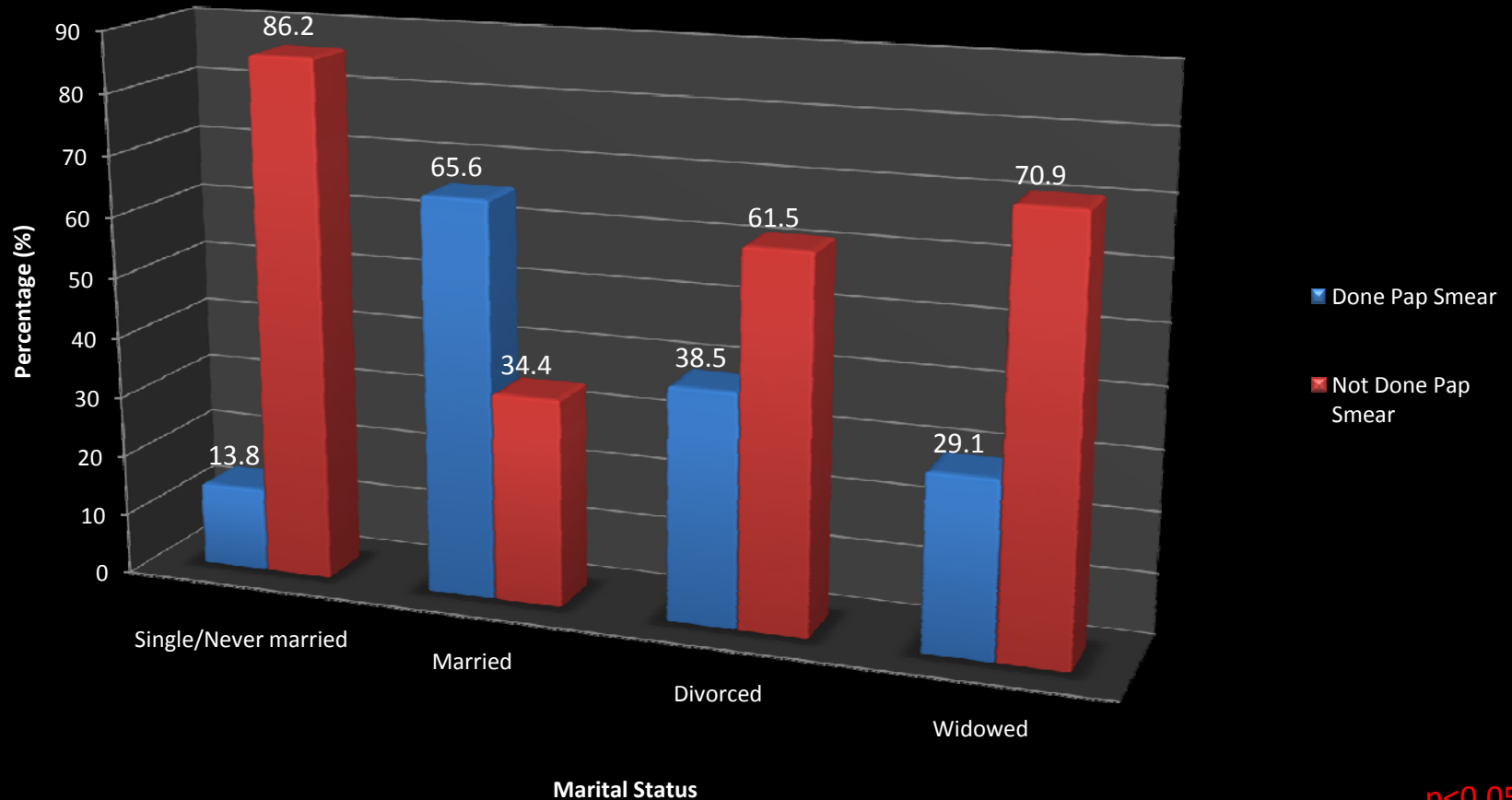
Association Between Pap Smear Examination and Family History



Bar chart above shows association between pap smear examination and presence of family history.

From this chart we can conclude that those with positive family history of cervical cancer are more likely to do pap smear compared to those who do not have family history of cervical cancer.

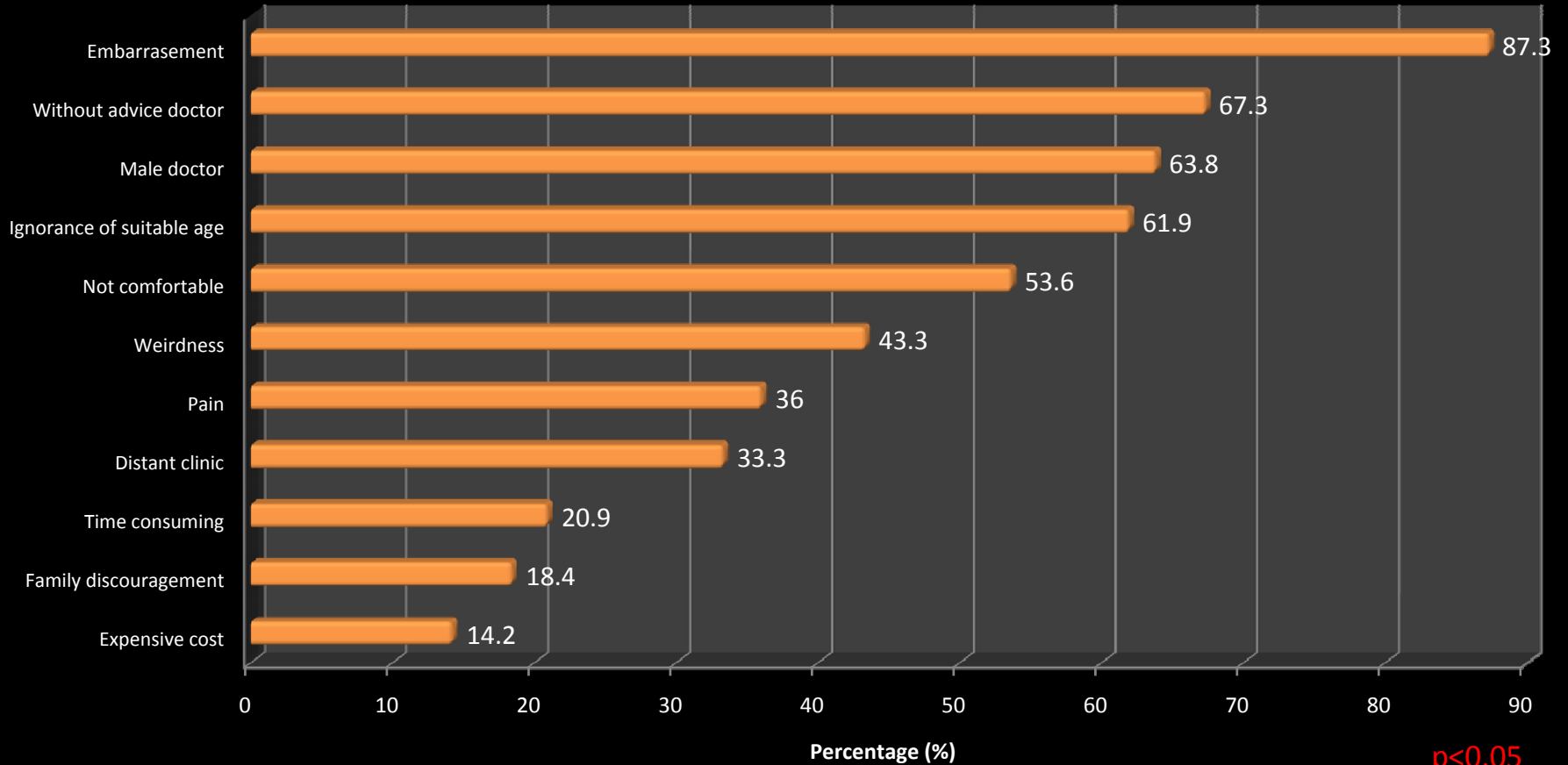
Association Between Pap Smear Examination and Marital Status



Bar chart above shows association between pap smear examination and marital status.

From this chart, most of married women done pap smear compared to those single, divorced and widowed. This probably due to the post-partum follow up in government maternal child health clinic after they gave birth.

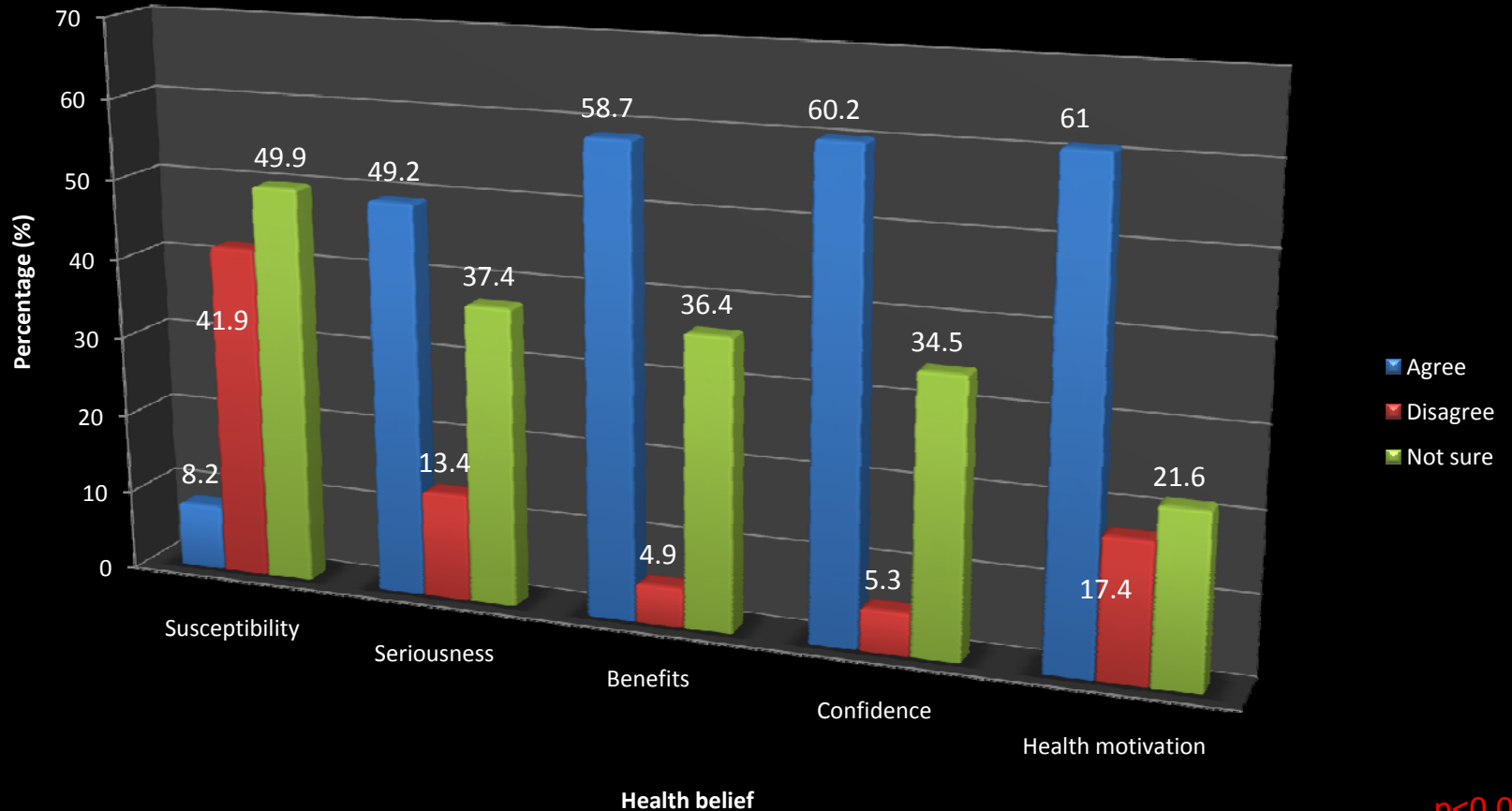
Barriers In Pap Smear



Bar chart above shows some of the barriers that limited the respondents to do pap smear.

From this chart, embarrassment and lack of knowledge are the two most common barriers for them to not go for pap smear examination. Financial is not a big problem because only 14.2% of total respondents are having this kind of barrier that prevent them for doing pap smear.

Perception Towards Pap Smear Examination



Bar chart above shows perception of respondents towards pap smear examination.

From this chart we can conclude that majority of the respondents are aware and agreed with the seriousness, benefits, confidence and health motivation towards pap smear examination. But, only minority of them (8.2%) agreed that they are susceptible to cervical cancer.

BREAST SELF EXAMINATION

Conclusions:

- Total number of women who performed BSE is 51.5% and those who never performed is 48.5%.
- BSE is commonly done among those age 25-44 years with the higher number among Malays.
- Percentage of practicing BSE found to be increasing with higher educational level.
- Formal education does not determine frequency of practicing BSE.
- The main reason for doing BSE is self awareness.
- Majority does not know the techniques in practicing BSE leading to main reasons that hinders women from practicing it.

Recommendations:

1. Health education sessions are needed to increase awareness about breast cancer and BSE as a screening method of early detection.
2. Motivation of women to practice BSE through health education and involvement of health personnel.

PAP SMEARS

Conclusion:

1. 54.1% of the respondents have done pap smear before.
2. Family history of cervical cancer does affects numbers of women undergoing Pap smear examination.
3. Married women are more likely to do Pap smear
4. Majority does not think they are susceptible to Cervical cancer.
5. Majority agrees the disease is serious, they have confidence in the efficacy of Pap smear and it will bring benefits.

Recommendations:

1. Improve provision of additional information from health personnel as knowledge level regarding Pap smears among Malaysian women is still low.
2. Correction of the questionnaire of this survey.

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