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Breast Self-Examination Practice Among Women in Ethiopia

A community-based study examining BSE practice and associated factors among women of reproductive age in Negele Arsi Town, Oromia Region, Ethiopia, 2023

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About the Researcher



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The Critical Gap in Early Detection

Why BSE Matters

Breast self-examination is one of the simplest and most accessible methods for early detection of breast diseases.

Over 90% of breast cancer cases are initially identified by women themselves through BSE.

The Challenge

Despite its effectiveness, BSE practice remains low among women of reproductive age in Ethiopia.

This study aims to understand the barriers and factors influencing this critical health practice.



Study Methodology

01

Study Design

Community-based cross-sectional study conducted in Negele Arsi Town

03

Data Collection

Face-to-face interviews using structured questionnaires

02

Sample Selection

344 women of reproductive age selected using systematic random sampling

04

Analysis

Data analyzed using SPSS version 24 with bivariate and multivariate logistic regression



Only 27.1% Practice BSE

The prevalence of breast self-examination practice among women of reproductive age was significantly low at 27.1% (95% CI: 22.4–32.3).

Key Factors Influencing BSE Practice



Education Level

College and above: **3.04x more likely** (AOR = 3.04)

Secondary education: **2.89x more likely** (AOR = 2.89)



Access to Information

Having information about BSE: **6.87x more likely** (AOR = 6.87)



Self-Confidence

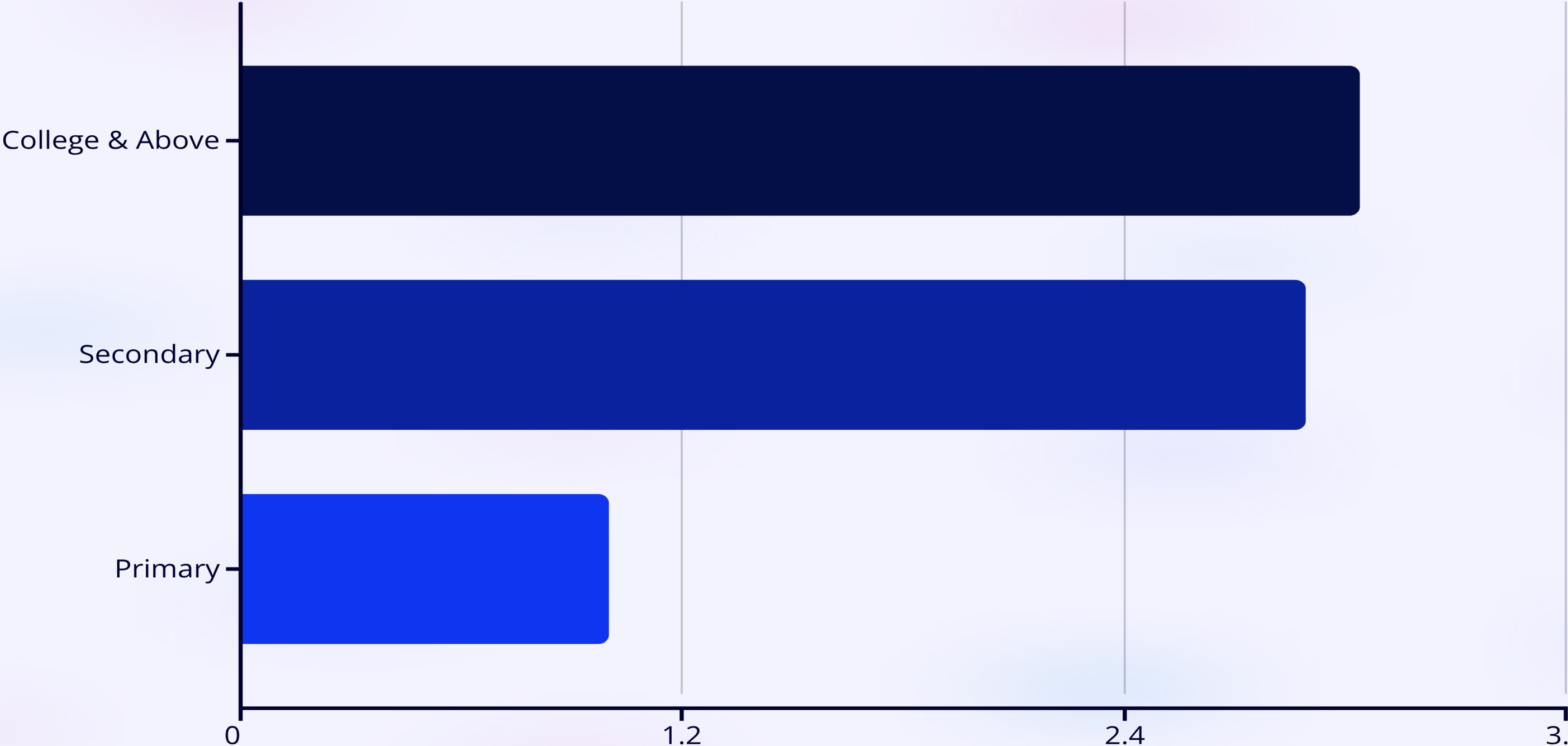
Confidence in performing BSE: **6.98x more likely** (AOR = 6.98)



Occupation

Private employees: **71% less likely** (AOR = 0.29)

Education: The Strongest Predictor



Higher education levels showed strong positive associations with BSE practice, highlighting the critical role of education in health behaviors.

The Information-Confidence Connection



Access to Information

Women with BSE information were nearly 7 times more likely to practice it



Builds Confidence

Knowledge translates into confidence in performing the examination correctly



Regular Practice

Confident women are 7 times more likely to practice BSE regularly

Barriers to BSE Practice

Limited Awareness

Lack of information about BSE techniques and importance

Low Confidence

Uncertainty about performing the examination correctly

Educational Gaps

Lower education levels correlate with reduced practice

Occupational Constraints

Private employees face unique barriers to regular practice



Recommendations for Action

Ongoing Education Campaigns

Implement continuous awareness programs highlighting BSE importance and techniques

Skill-Building Programs

Provide hands-on training to build confidence in performing BSE correctly

Targeted Outreach

Focus on women with lower education levels and private sector employees