164 - AUTO - TEST OF BREASTS: PRACTICE OF NURSING PROFESSIONALS OF FAMILY HEALTH STRATEGY

SILVIA XIMENES OLIVEIRA
Faculdades Integradas de Patos, Patos, Paraíba, Brasil.
silviaxoliveira@hotmail.com

doi:10.16887/86.a1.164

INTRODUCTION

Breast cancer is a neoplastic disease in which body cells are transformed into malignant, whose appearance is due to the result of the interaction of genetic factors, lifestyle, reproductive habits and the environment. Being considered one of the most feared diseases in women, since it affects the perceived sexuality and personal image itself, there is thus a greater chance of cure when diagnosed early. For this, the need for prevention and early detection of breast cancer programs, is more justification, provide better chances of survival and the woman or longer survival. We know that the primary care network, the service leaves much to be desired, and there are prejudices and shyness of some women with regard to the realization of self-breast examination. Thus they are considered as the main types of early detection for screening of breast cancer: self-breast exam, clinical breast examination and mammography. (BRASIL, 2006).

The breast self-examination (SEM) is a physical examination, painless, without financial cost, easy to perform that provides early detection of cancer, allowing an effective therapeutic action and can promote the survival of women, prevent serious physical sequelae and concomitant sequels emotional, social and economic. It is essential that women have the knowledge of one's breasts in order to become familiar with the shape, size, skin appearance and the nipple, which will prematurely facilitate the detection of abnormalities enabling a good prognosis and can thus avoid breast cancer. The indication is that the examination of the breasts by the woman herself part of health education activities. Studies show that despite the self-examination of breasts do not have the same efficacy as mammography or examination conducted by professionals, is considered a key method of detecting breast cancer for women. (INCA, 2008).

Self-examination is in a form of self care and engagement in health care as it is developed by the person in own benefit, through activities or actions that meet their own needs, supported in certain requirements or conditions, whether physiological, developmental or behavioral. (SILVA; et. Al., 2009).

While nursing professionals, we note that it is extremely important that the self-examination practice is stimulated constantly and guided by professionals, thus encouraging the practice of self-care, which is the practice of taking care of yourself in order to improve the quality of life. But does all this care is also reflected in his personal life? This research although comprehensive in its thematic focuses mainly in nurses, as the guidelines given by them with regard to self-breast examination are taken to their daily lives as women.

Therefore, one has to research aims to analyze the practice of self-breast examination in professional nursing of the Health Units.

METHODS

This study is an exploratory field research, descriptive, with a quantitative approach. According to Andrade (2003), the exploratory research aims to provide more information on a particular subject, thus exploiting the topic being studied and with a view to obtaining a better understanding.

The study was conducted in the city of Cajazeiras-PB, located in Northeastern Brazil. The study population consisted of 30 professionals who make up the nursing staff of the Health Units Cajazeiras municipality Family - PB, who were willing to participate in the study and signed the Informed Consent and Informed (IC).

Inclusion criteria were: nursing professionals who worked in the Health Strategy Teams family and agreed to participate by signing the informed consent form. Exclusion criteria were: nursing professionals who did not work in the Health Strategy Teams family and who refused to participate.

Data collection started after approval by the Ethics Committee, according to Resolution 196/96. At first the research was requested authorization from the Department of Health for the realization of that research. After authorization, the data were collected in May and June 2013. A questionnaire containing information about self-care of nursing professionals in the practice of systematic self-breast examination was applied. The survey was conducted in the health units where they work.

The research followed the ethical aspects of research involving human subjects contemplated in Resolution 196/96 of the National Health Council. Thus was prepared the Informed Consent and Informed where the participants were informed and enlightened on the subject of research, and its freedom to collaborate or not, and can also give up at any stage of research, without prejudice to his image and work. (BRASIL, 2000).

RESULTS AND DISCUSSION

Table 1 presents the characteristics of sociodemographic variables in the perception of nursing professionals.

Table 1. Distribution of nurses according to sociodemographic characteristics. Cajazeiras / PB, 2013.

Characteristics	Technical nursing		Nurses	
	n	%	n	%
Age				
20-30			08	61,53
31-40	05	38,46	05	38,46
41-50	05	38,46		
51-60	03	23,07		
Marital status				
Married	10	76,92	04	30,76
Single			08	61,53
Widow			01	7,7
Divorced	02	15,38		
Other	01	7,7		

Religion				
Catholic	09	69,23	12	92,3
Evangelical	03	23,07		
Spiritualist			01	7,7
Other	01	7,7		
Family income				
2 wages	06	46,15	03	23,07
3 a 5 wages	05	38,46	04	30,76
> 5 wages	02	15,38	06	46,15
Adequacy of income				
Enough	02	15,38	01	7,7
Soon enough	05	38,46	11	84,61
Insufficient	06	46,15	01	7,7
Housing conditions				
Own	06	46,15	09	61,53
Rented	06	46,15	02	15,38
Borrowed	01	7,7	02	15,38

Source: Own research.

The most prevalent age among nursing techniques was 31-40 years and 41-50 years (38.46%), with the same reference values for these two age groups respectively. As for the nurses age with highest percentage was in the age group 20 to 30 years (61.53%). With regard to marital status, most nursing techniques are married, while the nurses, most are single.

According to INCA (2008), the majority of women with malignancies are concentrated in the age group 50 to 55 years.

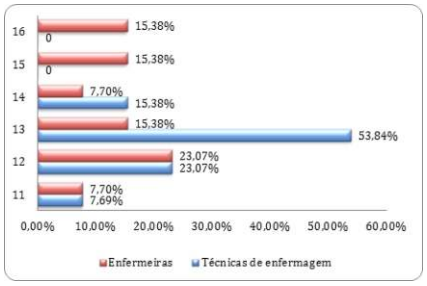

Figure 1. Distribution of nurses by age of menarche. Cajazeiras / PB, 2013.

In this study, the most prevalent age of menarche was 13 years (53.84%) for nursing techniques and 23.07% for nurses. The literature points out that early menarche is associated with a more rapid onset in ovulatory cycles, and is therefore exposed to higher levels of endogenous hormones, which can cause increased proliferation of epithelial cells. (Siqueira, 2004).

According to SBM (2008) Davim et. al., (2003), early menarche, twelve years or less may increase to four times the risk of developing breast cancer, when compared to women with menarche.

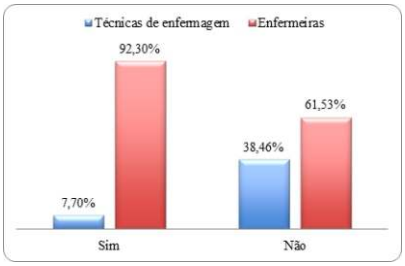

Figure 2. Distribution of nursing professionals according contraceptive use. Cajazeiras / PB, 2013.

Professional nursing only 01 (7.7%) of the technical report using oral contraceptives and nurses only 05 (38.46%).

Some women are exposed to factors associated with a higher risk of developing breast cancer through increased estrogen hormonal stimulation, such as early menarche, late menopause, nulliparity, delayed primiparity, induced abortion and oral contraceptive use. These events are related to the stimulus for the process of division of breast cells. (COIMBRA et. Al., 2010).

According to results of a meta-analysis of 34 studies from 17 countries, suggest that the use of oral contraceptives is associated with increased risk of breast cancer in women who are premenopausal or who are older than 50 years. (KHALLEMBORN 2006).

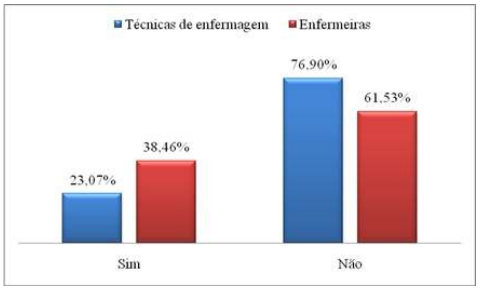

Figure 3. Distribution of nursing professionals according to family history of breast cancer. Cajazeiras / PB, 2013.

Family history, especially in first-degree relatives (mother or sister) who had the disease at a young age (under 40 years old), is an important risk factor. This risk is increased by 50% for young women whose mother or sister had the disease bilaterally premenopausal. In such cases, there is a chance that the disease presents a genetic and hereditary familiar character. (Davim et. Al., 2003).

This study corroborates Munhoz (2009), as we report in their study that 13.46% of the analyzed patients have a history of breast cancer in the family.

Regarding the preventive actions of breast cancer by nursing technicians 07 (53.84%) carry the BSE monthly, 04 (30.76%) have performed ultrasound, 08 (61.53%) mammography and 09 (69.23%) holds periodic consultation with the doctor. With regard to nurses 13 (100%) AEM perform monthly, 07 (53.84%) held ultrasound, 01 (7.7%) mammography and 10 (76.93%) are consulted as the doctor.

Professional, 03 (23.07%) of nursing techniques had a case of breast cancer in the family and nurses 05 (38.46%) and the degree of varied relationship between mother, aunt and grandmother, who are the technical 01 (7.7%) had the relationship to breast cancer mother, 01 (7.7%) aunt and 01 (7.7%) grandmother. Already 01 nurses (7.7%) the mother, 02 (15.38%) aunt and 02 (15.38%) grandmother.

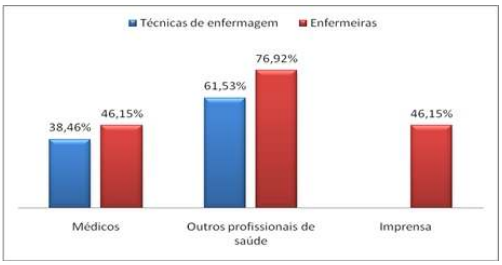

Figure 4. Distribution of nurses according to the news media's self-breast examination. Cajazeiras / PB, 2013.

The participation of health professionals is of fundamental importance for the Brazilian health system let her practice focused almost exclusively for curative medicine, not preventive, even considering that currently the practice of self-breast examination is an issue too debated by the media, evidenced by campaigns.

CONCLUSION

In this study, it was observed that the majority of nurses performed BSE monthly, but the nursing techniques were the least adhered to this practice. The AEM is an activity to be held by women throughout their lives, to maintain and promote their well-being, and when done effectively, it helps in maintaining your integrity and contributes to the smooth functioning of the body.

For the practice of BSE can reach their early detection target cancer and consequent decrease in mortality, campaigns on it must be performed in order to provide more complete information on the technique and the importance of self-care, concomitant encouragement in educational area, so that information will incorporate the behavior of women. The disclosure of the method should be encouraged at all levels of care, both by doctors and by other health professionals, emphasizing its importance within the healthcare context females, so that different social groups effectively be achieved.

REFERENCES

ANDRADE, M. M. Introdução à metodologia do trabalho científico: elaboração de trabalho na graduação. 6 ed. São Paulo: Atlas, 2003.

BRASIL, Ministério da Saúde. Controle dos Cânceres do Colo do Útero e da Mama. Brasília:Ministério da Saúde,2006.

_____.(Instituto Nacional de Câncer). Estimativa 2008: Incidência de Câncer no Brasil. Disponível em: http://www.inca.gov.br/estimativa/2008/

DAVIM, R. M. B. et. al. Auto-exame de mama: conhecimento de usuárias atendidas no ambulatório de uma maternidade escola. Revista Latino-americana de enfermagem, 2003.

KAHLENBORN C,; et. al. Oral Contraceptive use as a risk factor for premenopausal breast câncer: a meta-analysis. Mayo clin Prox, v. 81, p. 1290-1302, 2006.

SILVA, Raimunda Magalhães da et al. Realização do auto-exame das mamas por profissionais de enfermagem. Revista Escola de Enfermagem da USP [online]. 2009, v.43, n.4, p.902-908. Disponível em: http://www.scielo.br/pdf/reeusp/v43n4/a23v43n4.pdf.

SIQUEIRA, R. F. C. B.; et. al. Fatores associados à densidade mamográfica de mulheres na pós-menopausa. Rev Bras Ginecol Obstet. v. 26, n. 1, p. 45-52, 2004.

SOCIEDADE BRASILEIRA DE MASTOLOGIA (SBM). Câncer de mama. Disponível em: HTTP//WWW.sogimig.org.br/saúde/mastologia.

Condomínio Vilas do Lago, Q.11, L.06, Patos-PB; CEP: 58.701-900

AUTO - TEST OF BREASTS: PRACTICE OF NURSING PROFESSIONALS OF FAMILY HEALTH STRATEGY

ABSTRACT

The screen study aims to describe the factors that hamper achievement of a self-breast examination by professionals. This is a descriptive study with quantitative approach developed in the city of Cajazeiras with nursing professionals who make up the Family Health Strategy. The sample consisted of 26 professionals who make up the nursing staff. Data collection was carried out in May 2013, through the application of a form in accordance with the objectives proposed in the study. The collected data were organized in an electronic database of the Microsoft Excel application being coded, tabulated and presented in tables, charts and graphs with their respective percentage distributions. Of the surveyed professionals predominated the number of women who use oral contraceptives. The nursing professionals, mostly claimed to have relatives with breast cancer. Among the preventive actions taken by nursing techniques, the most mentioned were: consultation with the doctor, self-examination and ultrasonography. As for the nurses were: the ultrasound and self-breast examination. The reasons given for not performing self-

examination by the professionals were: forgetfulness, lack of interest and lack of time. In the present study it was observed that the professionals performed the self-breast examination, however it needs that they can adhere to this practice in order to provide security and provide a good physical, social and emotional.

KEYWORDS: self-examination; Nursing; Prevention.

AUTO - TEST DE SEINS: PRATIQUE DES SOINS INFIRMIERS PROFESSIONNELS DE LA STRATÉGIE DE SANTÉ DE LA FAMILLE

RÉSUMÉ

L'étude de l'écran vise à décrire les facteurs qui entravent la réalisation d'un auto-examen mammaire par des professionnels. Ceci est une étude descriptive à l'approche quantitative développé dans la ville de Cajazeiras avec des professionnels en soins infirmiers qui composent la stratégie de santé de la famille. L'échantillon était composé de 26 professionnels qui composent le personnel infirmier. La collecte des données a été réalisée en mai 2013, grâce à l'application d'une forme en conformité avec les objectifs proposés dans l'étude. Les données recueillies ont été organisées dans une base de données électronique de l'application Microsoft Excel étant codées, compilés et présentés dans des tableaux, des diagrammes et des graphiques avec leurs distributions respectives de pourcentage. Parmi les professionnels interrogés prédominé le nombre de femmes qui utilisent des contraceptifs oraux. Les professionnels des soins infirmiers, la plupart ont affirmé avoir des parents avec le cancer du sein. Parmi les mesures préventives prises par les techniques de soins infirmiers, les plus mentionnés étaient: la consultation avec le médecin, l'auto-examen et l'échographie. Comme pour les infirmières étaient: l'échographie et de l'auto-examen des seins. Les raisons invoquées pour ne pas exécuter l'auto-examen par les professionnels étaient: l'oubli, le manque d'intérêt et le manque de temps. Dans la présente étude, il a été observé que les professionnels effectués l'auto-examen du sein, mais il a besoin qu'ils peuvent adhérer à cette pratique afin d'assurer la sécurité et fournir un bon physique, social et émotionnel.

MOTS-CLÉS: l'auto-examen; Soins infirmiers; Prévention.

AUTO - TEST DE PECHOS: PRÁCTICA DE PROFESIONALES DE ENFERMERÍA DE ESTRATEGIA DE SALUD FAMILIAR

RESUMEN

El estudio pantalla tiene como objetivo describir los factores que obstaculizan la realización del autoexamen de la mama por profesionales. Se trata de un estudio descriptivo, con enfoque cuantitativo desarrollado en la ciudad de Cajazeiras con los profesionales de enfermería que componen la Estrategia Salud de la Familia. La muestra está formada por 26 profesionales que integran el personal de enfermería. La recolección de datos se llevó a cabo en mayo de 2013, mediante la aplicación de un formulario de acuerdo con los objetivos propuestos en el estudio. Los datos recogidos fueron organizados en una base de datos electrónica de la aplicación de Microsoft Excel que se codificaron, tabulados y presentados en tablas, cuadros y gráficos con sus respectivas distribuciones porcentuales. De los profesionales encuestados predominado el número de mujeres que utilizan anticonceptivos orales. Los profesionales de enfermería, la mayoría dijo tener familiares con cáncer de mama. Entre las acciones preventivas tomadas por las técnicas de enfermería, los más mencionados fueron: consulta con el médico, el auto-examen y la ecografía. En cuanto a las enfermeras fueron: la ecografía y la auto-mama. Las razones dadas para no realizar el auto-examen por los profesionales fueron: falta de memoria, falta de interés y la falta de tiempo. En el presente estudio se observó que los profesionales realizan el autoexamen de mama, sin embargo es necesario que puedan adherirse a esta práctica con el fin de garantizar la seguridad y proporcionar un buen físico, social y emocional.

PALABRAS CLAVE: auto-examen; Enfermería; Prevention.

AUTO – EXAME DAS MAMAS: PRÁTICA DAS PROFISSIONAIS DE ENFERMAGEM DAS ESTRATÉGIAS SAÚDE DA FAMÍLIA

RESUMO

O estudo em tela tem como objetivos descrever os fatores que dificultam a realização do auto-exame das mamas pelas profissionais. Trata-se de um estudo descritivo com abordagem quantitativa realizado no município de Cajazeiras com as profissionais de enfermagem que compõem a Estratégia Saúde da Família. A amostra foi constituída por 26 profissionais que compõem a equipe de enfermagem. A coleta de dados foi realizada no mês de maio de 2013, por meio da aplicação de um formulário de acordo com os objetivos propostos no estudo. Os dados coletados foram organizados em um banco de dados eletrônico do aplicativo Microsoft Excel sendo codificados, tabulados e apresentados em forma de tabelas, quadros e gráficos com suas respectivas distribuições percentuais. Das profissionais pesquisadas foi predominante o número de mulheres que fazem uso do anticoncepcional oral. As profissionais de enfermagem, em sua maioria, afirmaram ter familiares com câncer de mama. Dentre as ações preventivas realizadas pelas técnicas de enfermagem, as mais referidas foram: consulta com o médico, auto-exame e a ultrasonografia. Já para as enfermeiras foram: a ultrasonografia e o auto-exame das mamas. Os motivos alegados para a não realização do auto-exame pelas profissionais foram: esquecimento, falta de interesse e falta de tempo. No presente estudo observou-se que as profissionais realizavam o auto-exame das mamas, entretanto é preciso que as mesmas possam aderir a esta prática, a fim de dar segurança e proporcionar um bem estar físico, social e emocional.

PALAVRAS-CHAVE: Auto-exame; Enfermagem; Prevenção.