# Introduction

Nowadays, malignancy is considered as one of the most important health burdens in the world. Breast cancer is the most common malignancy causing deaths and cancer related morbidity in women. It is a disease affecting both the developed and the developing nations(***Gity et al., 2011).***

Breast cancer refers to a malignant tumor that has developed from cells in the breast. More than one million women are estimated to be diagnosed with breast cancer every year, and more than 410,000 will die (***Weiss, 2012).***

Numerous risk factors are associated with breast cancer. One major risk factor is increasing age, family history of breast cancer, early menarche and late menopause, obesity after menopause, use of iatrogenic hormones (both oral contraceptives and postmenopausal hormone therapy have been implicated), nulliparity or having the first child after the age of 30,certain ethnic features, radiation, moderate alcoholic intake, and smoking ***(Bassey et al.,2011).***

The best prognosis for long term survival is through early recognition followed by timely treatment. Breast self examination (BSE), clinical breast examination (CBE) and mammogram are used as screening methods for detecting breast cancer earlier in its course. Early diagnosis and treatment of breast cancer can both be effective in extending life expectancy, reducing mortality, increasing quality of life, and preventing physical pain and psychosocial problems in women ***(Imam et al., 2009).***

The BSE is still considered a simple, non-invasive, inexpensive, affordable and accessible method to younger and high risk women to discover early changes in their breasts. Empowering women with breast cancer knowledge would assist them in modifying their behavior and seek early screening and medical assistances ***(Bassey et al., 2011).***

Therefore, it is important to empower women on the BSE as a primary tool in screening the breast cancer. The American Cancer Society did recommend on BSE as option breast awareness and for early detection of breast cancer .It was reported that women, who practicing regular BSE were presented more often with clinically early tumors and had shorter patient delay in presentation (***Karayurt et al., 2008).***

Nursing students are the future nurses who will have the opportunity to encourage and influence women to be breast aware. Breast-self examination is a simple and easy way to help women to detect any changes in the breasts ***(Yousuf, 2010).***

Nurses play an important role in teaching and promoting BSE among women. Since the nursing students trained on BSE are around their twenties, it is expected from them to perform BSE each month and begin to share their knowledge, practices with the public during their undergraduate years and later on after working ***(Ozkan et al., 2010).***

# Significance of the study

Breast cancer is a worldwide major health problem. At present, there is no cure. It is estimated that more than 212,000 women and 1,700 men develop the disease and more than 41,000 die of it annually. Breast cancer causes 376,000 deaths a year; about 900,000 women world over are diagnosed every year with the disease ***(Okolie, 2012).***

It has been observed that breast cancer is the commonest malignant neoplasm among Egyptian females with increasing rate. ***The National Cancer Institute, Egypt (2006)*** specified that breast cancer was spreading rapidly among women in Egypt, by 24 cases /100 thousand of women. Then, ***Saleh (2007)*** stated that every 100 thousand people in Egypt, 44 suffer from Breast cancer, which affects the physical and psychological wellbeing of both the patient and family. ***Salem et al., (2010)*** added that breast cancer among Egyptian women is representing 18.9% of total cancer cases. The BSE alone is believed to be appropriate and effective method of ensuring early detection of breast cancer.

The Family Health Nursing Curriculum, is newly established for 1st

year nursing students, in the new policy of the Technical Nursing Institute .Therefore, it is important to determine the level of knowledge regarding the BSE as well as the attitude and practices among nursing studentsin the Egyptian community to recognize their acceptance because they are the future nurses and are able to play vital role in disseminating information to the community, especially the female gender.

# Aim of the study

The study aimed to evaluate effect of an educational program for breast self examination among Technical Institute of Nursing students in Benha University ,through: 1)Assessing nursing students’knowledge, attitude, and practices about BSE, 2)Designing and implementing an educational program about BSE,and3)Evaluating effect of an educational program on nursing students’ knowledge, attitude, and practices about BSE.

# Research hypothesis

The nursing students’ knowledge, attitude, and practices regarding BSE improve after the program.

# Subjects and Methods

**Study design and setting**

A quasi experimental design was utilized to carry out this study, with pre-post assessment to evaluate the effect of the educational program. This study was conducted at the Technical Institute of Nursing affiliated to Benha University Hospital.