

"BREAST SELF-EXAMINATION" TRAININGS WITHIN THE FRAMEWORK OF BREAST CANCER CONTROL PROGRAM

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Cancer is an important public health problem in the world. In Turkey, the significance of cancer control is increasing more and more. At present, it is possible to avoid some cancers and many cancer types are among curable diseases.

Early diagnosis in cancer is one of the basic principles of cancer control. Since breast cancer is a disease invading all the tissues and organs, its early diagnosis can only be possible via periodical controls.

Breast cancer is the first ranking among female cancers in Turkey.

The burden placed upon society due to breast cancer can be lessened by increasing the society's level of knowledge on breast cancer via training and education and by mammography in the risky age groups. In the first round of this study, in 30 provinces, for women between ages 15-49, the followings were aimed at:

- 1- Increasing awareness on breast cancer
- 2- Directing women towards screening programs
- 3- Increasing the percentage of breast cancer cases caught in the early stage within total breast cancer cases.

In parallel with the World Health Organization's 'Health for All' program, the goal concerning cancer has been adopted also in Turkey as **"decreasing all the cancers among the population below 65 by 10% until 2020, decreasing lung cancer by 25%, and decreasing all the cancers by 15% until 2030"**.

Means-Method:

Training of Trainers: With the training of trainers in the 1st round, which was initiated in 2001, in each province 1 doctor and 1 midwife/nurse were trained as trainers. With the training of trainers in the 2nd round, which was initiated in 2005 in 51 provinces, 1 doctor and 1 midwife/nurse have been trained from each of the 51 provinces.

Field Personnel Training: Health Care Center Physician and Midwife/Nurse Training initiated in 30 provinces is being carried out since 2002 and training of the I. level health care personnel is completed.

Training of Women between ages 15-49 (Public Education) The trainings carried out since 2002 covers the initial informative training given by midwife/nurse for recognition of one's own breast between ages 15-20, and the training between ages 20-49.

Monitor and Follow-up: 1st control by midwife/nurse at the end of the 6th month, 2nd and subsequent controls every 6 months for information purposes.

Other Studies Supporting the Method:

Training of Mothers, Teachers, Public Education Trainees,
Individual training in pregnant and infant monitoring,
Integration of KKMM into Provincial Training Programs,
Training on "Risk Groups" in screenings to be organized,
Organization of conferences and seminars,
Informative meetings for District Coordinators and Provincial
General Council / Municipality Council members and their spouses,
Conferences for spouses of the gendarmerie, police and senior
administrators,
Audio-visually supported conferences and meetings,
Public education for those presenting to AÇSAP (Mother and Child
Health and Family Planning Centers) and Health Care Centers,
Monitoring studies between the ages 15- 49,
Activities with Non-Governmental Organizations integrated to public
education courses,
Activities in factories, large stores, work places, public institutions
Poster - cloth pancarte use,
Informing headmen and imams,
Brochure distribution,
Informative meetings in associations and foundations,
Multi-media use

Implementation Unit; is the Training Division Directorate under the coordination of Provincial Cancer Control Coordinator (Co-director of Health). However, it is pivotal to work in coordination with AÇSAP and Health Care Centers. Division Directorate

Human Resources; Training Division Director, AÇSAP Division Director (integrated in some provinces), General Surgery, Radiology; Pathology, Oncology, Public Health, Family Physician Experts, KETEM [Cancer Early Diagnosis and Screening Centers], Health Care Centers Physicians, Health Trainers, Trainers of Vocation Lectures (Health), Medical Technologists, Midwives/Nurses and Health Officer etc.

Training Material:

Model, Pancarte, Poster, Brochure etc.

TV, Radio Programs

Press

Electronic Medium

Findings:**Findings of the 1st ROUND – 30 Provinces (2001–2005 years):**

SP: Number of health personnel to whom KKMM Training was given: **10.672**

KS: Number of women between ages 15-49, to whom KKMM Training was given: **1.583.717**

ŞVS: Number of Suspected Cases: **2.259**

Findings of the 2nd TUR – 51 Provinces (2005-2006 years)

SP: Number of health personnel to whom KKMM Training was given: **39.815**

KS: Number of women between ages 15-49, to whom KKMM Training was given: **5.302.042**

ŞVS: Number of Suspected Cases: **33.694**

Results:

- Increase in the awareness of women between ages 15-49 concerning cancer
- Establishment of new Cancer Early Diagnosis and Screening Centers (in 11 provinces with EU Project support), 48 KETEMs in total
- Start of the establishment procedures of KETEM in 10 more provinces
- Increase in the percentages of benefit from Cancer Early Diagnosis and Screening Centers
- Diagnosis of early-stage cancer

References:

1. Circular number 5030/1135 on National Standards for Screening of Breast Cancer in Woman, dated 20.07.2004
2. KSDB (Cancer Control Department) training notes, 2002
3. KSDB activity reports, 2006

