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Counseling needs regarding to breast cancer: A qualitative study

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Introduction and Aim: Breast cancer is incising in Iran as same as other countries. Women have been diagnosed in advanced stages. Consultation as a most useful method can help women to manage successful for early detection by increasing knowledge. The aim of this study is to evaluate the women counseling needs about breast cancer. Women health promotion would be done after that.

Materials and Methods: This is a qualitative study by Focus Group Discussion, which was conducted on 61 women referred (gynecology) to Al- Zahra hospital in Rasht. Participants were divided in groups consisted of 5-8 women. Data were gathered by semi-structured interviews and investigators recorded responses. At the end of each session, all responses were summed up exactly and collected data were analyzed using content analysis.

Results: About "the most common cancer in women" the most of them stated "breast cancer", but they had no information about "causes of breast cancer" and "which foods make breast cancer". More than half of them didn't know signs of breast cancer. One third of them had no knowledge about diagnosis and screening methods of breast cancer, while, half of them knew "Mammography and Self Breast Examination" as screening methods, but most of them didn't know about xtimes and manner of that.

Conclusion: Result of this research carried out that women need increasing knowledge for breast cancer, especially screening. They may impact their health; it seems that improving knowledge of women regarding this issue is mandatory by counseling centers.

Biography

Sedigheh Pakseresht was born in 1960 and she is currently an Assistant Professor at Guilan University of Medical Sciences. She was into the Obstetric department of faculty of Shahed Beheshti of Nursing and Midwifery in Rasht, Iran. She has 23 years of experience in this field and acts as an editor in chief for Holistic Nursing and Midwifery Journal. She was also a registered member in Reproductive Health Research Center, and Holistic Factor on Health Research Center. She participated in several conferences conducted in Iran, India, Malaysia, Hong Kong, china, Italy.

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