Background
According to the National Statistical Office (NSO), there are the number of women breast cancer in 2009 for 177 people in their 20s and 6,848 people in their 30s-40s per 100,000 population in Korea.

Purpose
The purpose of this study was to determine the effectiveness of hand-on training using the model of breast on the knowledge and skills of breast self examination and to utilize the nursing interventions for the prevention of breast cancer.

Methods

Study Design
This study was a pretest-posttest design with a non equivalent quasi-experiment group.

Participants
75 participants who are university students
• 38 for experimental group and 37 for control group
• Have breast disease
• No experience about breast self exam.

Data collection
The training of breast self examination using the model of breast was provided for the experimental group and the training of breast self examination with the brochure was provided for the control group. The data collection was carried out from Oct 27 to Dec 12, 2012.

Instruments
Background characteristics of participants were measured using questions on age, BMI, intake oral contraceptive, experience of hormone therapy, experience of breast exam, family history, early examination, plan of self examination and menstrual cycle.
Knowledge score of self breast examination were measured by 11 screening questionnaire.
Skill score of self breast examination assessment tool consisted of 11 items (palpation method, screening direction, procedure etc.).

Data analysis
Data were analyzed using paired t-test. To explore the difference of the effectiveness of hand-on training using the model of breast on the knowledge and skills of breast self examination.

Results
Checking the change of knowledge about breast self examination after the intervention, the experimental group using the model of breast increased to 1.92±1.83, the control group using increased to 0.97±2.70, and there was no significant difference between the two groups (p>.079). As a result of the analysis of technical aspects’ change about breast self examination after the intervention, the experimental group using the model of breast increased to 3.65±2.71, the control group providing brochure only increased to 1.78±3.32, and there was a significant difference between the two groups (p=.009).

Conclusions
The hand-on training using the model of breast increases the techniques of breast self examination significantly than the training with only a simple brochure, thus, the training of self examination for prevention of breast cancer needs to go hand in hand with the hand-on training using the model.