Global Service Learning
Educating Rural Teenagers on Breast Self-Examination in Carries, Haiti
Shanique Ivery and Michelle Muyibi
Mentor: Margaret Alexandre MS, RN, CNA
Department of Nursing
School of Health Sciences and Professional Programs

INTRODUCTION
Breast cancer is a disease that is very detrimental to many people’s lives. This disease crosses social, economic, and racial lines. Black women such as Haitians are the most prevalent group to encounter a higher mortality breast cancer rate over other races. This issue may arise primarily because Haitians are currently facing a financial burden and are unable to receive high-quality care. To rectify, consequently, these women go undiagnosed and undetected. According to World Health Organization (WHO) (2014), breast cancer ranked 13.9% amongst the female population in Haiti. In an effort to educate and raise awareness to teenagers about breast cancer and breast health, we developed a project to teach the teenagers at the Carries orphanage on the appropriate way to conduct a monthly breast self-exam.

Young ladies in Haiti may have a misperceived concept of their ability to acquire breast cancer because they may not have any known predisposing factor such as family history of breast cancer or because of failure to detect any visible signs or deformities. It is imperative to teach preventive strategies so that these young girls will be able to detect any abnormal findings that pose as threats to their lives, become aware of lifesaving resources and take preventive measures to reduce their risk of acquiring this life-threatening disease. Further, they can be taught to teach their peers and family members on the correct way to perform a breast self-exam.

OBJECTIVES
The learner will be able to:
1. Define self breast exam.
2. Define breast cancer, risk factors, signs and symptoms.
3. Identify normal and abnormal findings.
4. Identify appropriate times to perform self breast exams.
5. Describe types of self breast exams.
6. Demonstrate different self breast exams.

Anatomy:
The Female breast is primarily composed of fatty tissue and mammary glands. Mammary glands drain into the lactiferous sinus which connects them to the nipple. The mammary glands are where most breast cancers begin.

METHOD
Divided into quadrants: Axilla, upper outer quadrant, upper inner quadrant, lower outer quadrant, and lower inner quadrant.

When to check: BSE should be done the same time each month, 7-10 days after your menstrual cycle has ended.

Examination:

Inspection:
Stand in front of the mirror with hands on hips. Pay special attention to any skin and nipple changes such as: redness, swelling, indention, scaling, discharge, and/or retraction.

Raise hands above head and check for appearance, symmetry and contour of breast.

Palpation:
There are three methods that can be used in this second step to feel for abnormal changes: circular, vertical, and wedge methods.

Feel with the soft pads of the second, third, and fourth fingers. Start from axilla and upper outer quadrant of breast using the preferred method.

Normal Vs. Abnormal findings:
Soft and smooth. May have movable nodules that may disappear depending on hormonal changes.
Abnormal findings are a lump that feels like a small, hard, non-movable, and painless nodule. In this case contact a healthcare provider as soon as possible for further evaluation.

CONCLUSION
Breast cancer is a disease that is very detrimental to many people’s lives. This disease crosses social, economic, and racial lines. Black women such as Haitians are the most prevalent group to encounter a higher mortality breast cancer rate over other races. This issue may arise primarily because Haitians are currently facing a financial burden and are unable to receive high-quality care. To rectify, consequently, these women go undiagnosed and undetected. According to World Health Organization (WHO) (2014), breast cancer ranked 13.9% amongst the female population in Haiti. In an effort to educate and raise awareness to teenagers about breast cancer and breast health, we developed a project to teach the teenagers at the Carries orphanage on the appropriate way to conduct a monthly breast self-exam.

Young ladies in Haiti may have a misperceived concept of their ability to acquire breast cancer because they may not have any known predisposing factor such as family history of breast cancer or because of failure to detect any visible signs or deformities. It is imperative to teach preventive strategies so that these young girls will be able to detect any abnormal findings that pose as threats to their lives, become aware of lifesaving resources and take preventive measures to reduce their risk of acquiring this life-threatening disease. Further, they can be taught to teach their peers and family members on the correct way to perform a breast self-exam.

OBJECTIVES
The learner will be able to:
1. Define self breast exam.
2. Define breast cancer, risk factors, signs and symptoms.
3. Identify normal and abnormal findings.
4. Identify appropriate times to perform self breast exams.
5. Describe types of self breast exams.
6. Demonstrate different self breast exams.

Anatomy:
The Female breast is primarily composed of fatty tissue and mammary glands. Mammary glands drain into the lactiferous sinus which connects them to the nipple. The mammary glands are where most breast cancers begin.

METHOD
Divided into quadrants: Axilla, upper outer quadrant, upper inner quadrant, lower outer quadrant, and lower inner quadrant.

When to check: BSE should be done the same time each month, 7-10 days after your menstrual cycle has ended.

Examination:

Inspection:
Stand in front of the mirror with hands on hips. Pay special attention to any skin and nipple changes such as: redness, swelling, indention, scaling, discharge, and/or retraction.

Raise hands above head and check for appearance, symmetry and contour of breast.

Palpation:
There are three methods that can be used in this second step to feel for abnormal changes: circular, vertical, and wedge methods.

Feel with the soft pads of the second, third, and fourth fingers. Start from axilla and upper outer quadrant of breast using the preferred method.

Normal Vs. Abnormal findings:
Soft and smooth. May have movable nodules that may disappear depending on hormonal changes.
Abnormal findings are a lump that feels like a small, hard, non-movable, and painless nodule. In this case contact a healthcare provider as soon as possible for further evaluation.

CONCLUSION
Breast cancer is a disease that is very detrimental to many people’s lives. This disease crosses social, economic, and racial lines. Black women such as Haitians are the most prevalent group to encounter a higher mortality breast cancer rate over other races. This issue may arise primarily because Haitians are currently facing a financial burden and are unable to receive high-quality care. To rectify, consequently, these women go undiagnosed and undetected. According to World Health Organization (WHO) (2014), breast cancer ranked 13.9% amongst the female population in Haiti. In an effort to educate and raise awareness to teenagers about breast cancer and breast health, we developed a project to teach the teenagers at the Carries orphanage on the appropriate way to conduct a monthly breast self-exam.

Young ladies in Haiti may have a misperceived concept of their ability to acquire breast cancer because they may not have any known predisposing factor such as family history of breast cancer or because of failure to detect any visible signs or deformities. It is imperative to teach preventive strategies so that these young girls will be able to detect any abnormal findings that pose as threats to their lives, become aware of lifesaving resources and take preventive measures to reduce their risk of acquiring this life-threatening disease. Further, they can be taught to teach their peers and family members on the correct way to perform a breast self-exam.

OBJECTIVES
The learner will be able to:
1. Define self breast exam.
2. Define breast cancer, risk factors, signs and symptoms.
3. Identify normal and abnormal findings.
4. Identify appropriate times to perform self breast exams.
5. Describe types of self breast exams.
6. Demonstrate different self breast exams.

Anatomy:
The Female breast is primarily composed of fatty tissue and mammary glands. Mammary glands drain into the lactiferous sinus which connects them to the nipple. The mammary glands are where most breast cancers begin.

METHOD
Divided into quadrants: Axilla, upper outer quadrant, upper inner quadrant, lower outer quadrant, and lower inner quadrant.

When to check: BSE should be done the same time each month, 7-10 days after your menstrual cycle has ended.

Examination:

Inspection:
Stand in front of the mirror with hands on hips. Pay special attention to any skin and nipple changes such as: redness, swelling, indention, scaling, discharge, and/or retraction.

Raise hands above head and check for appearance, symmetry and contour of breast.

Palpation:
There are three methods that can be used in this second step to feel for abnormal changes: circular, vertical, and wedge methods.

Feel with the soft pads of the second, third, and fourth fingers. Start from axilla and upper outer quadrant of breast using the preferred method.

Normal Vs. Abnormal findings:
Soft and smooth. May have movable nodules that may disappear depending on hormonal changes.
Abnormal findings are a lump that feels like a small, hard, non-movable, and painless nodule. In this case contact a healthcare provider as soon as possible for further evaluation.

CONCLUSION
Breast cancer is a disease that is very detrimental to many people’s lives. This disease crosses social, economic, and racial lines. Black women such as Haitians are the most prevalent group to encounter a higher mortality breast cancer rate over other races. This issue may arise primarily because Haitians are currently facing a financial burden and are unable to receive high-quality care. To rectify, consequently, these women go undiagnosed and undetected. According to World Health Organization (WHO) (2014), breast cancer ranked 13.9% amongst the female population in Haiti. In an effort to educate and raise awareness to teenagers about breast cancer and breast health, we developed a project to teach the teenagers at the Carries orphanage on the appropriate way to conduct a monthly breast self-exam.

Young ladies in Haiti may have a misperceived concept of their ability to acquire breast cancer because they may not have any known predisposing factor such as family history of breast cancer or because of failure to detect any visible signs or deformities. It is imperative to teach preventive strategies so that these young girls will be able to detect any abnormal findings that pose as threats to their lives, become aware of lifesaving resources and take preventive measures to reduce their risk of acquiring this life-threatening disease. Further, they can be taught to teach their peers and family members on the correct way to perform a breast self-exam.

OBJECTIVES
The learner will be able to:
1. Define self breast exam.
2. Define breast cancer, risk factors, signs and symptoms.
3. Identify normal and abnormal findings.
4. Identify appropriate times to perform self breast exams.
5. Describe types of self breast exams.
6. Demonstrate different self breast exams.

Anatomy:
The Female breast is primarily composed of fatty tissue and mammary glands. Mammary glands drain into the lactiferous sinus which connects them to the nipple. The mammary glands are where most breast cancers begin.

METHOD
Divided into quadrants: Axilla, upper outer quadrant, upper inner quadrant, lower outer quadrant, and lower inner quadrant.

When to check: BSE should be done the same time each month, 7-10 days after your menstrual cycle has ended.

Examination:

Inspection:
Stand in front of the mirror with hands on hips. Pay special attention to any skin and nipple changes such as: redness, swelling, indention, scaling, discharge, and/or retraction.

Raise hands above head and check for appearance, symmetry and contour of breast.

Palpation:
There are three methods that can be used in this second step to feel for abnormal changes: circular, vertical, and wedge methods.

Feel with the soft pads of the second, third, and fourth fingers. Start from axilla and upper outer quadrant of breast using the preferred method.

Normal Vs. Abnormal findings:
Soft and smooth. May have movable nodules that may disappear depending on hormonal changes.
Abnormal findings are a lump that feels like a small, hard, non-movable, and painless nodule. In this case contact a healthcare provider as soon as possible for further evaluation.