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乌鲁木齐妇女乳腺自查行为与认知现状分析

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摘要 目的:了解乌鲁木齐妇女乳腺自查行为及认知情况。**方法:**采用自行设计的问卷对 2041 名来我院进行妇女病普查的受访者进行乳腺自查行为与认知情况调查。**结果:**定期、不定期、从不做乳腺自查的比例分别为 28.7%、53%、18.3%。定期做乳腺自查受访者对相关知识认知情况较好于其它组,定期自查的受访者的乳腺自检各条目应答率高于不定期自查受访者。**结论:**乌鲁木齐妇女的乳腺自查率有待提高,自查行为存在不规律、不规范现象,应加强由医务人员主导的健康教育。

关键词:乳腺自查;健康教育;现状分析

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The Behavioral and Cognitive Analysis of Breast Self-examination of Women in Urumqi

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ABSTRACT Objective: To learn the behavioral and cognitive situation of breast self-examination of women in Urumqi. **Methods:** 2041 respondents who came to our hospital for obstetrics and gynecology examination were surveyed about the behavioral and cognitive situation of breast self-examination by questionnaire design by ourselves. **Results:** The percentage of Periodic, non-periodic, non breast self-examination were respectively 28.7%, 53% and 18.3%. Regular breast self-examination of respondents knowledge was better than other groups. The breast self test entry Response rate of respondents do Regular self-examination was higher than that of not regular self-examination respondents. **Conclusion:** Rates of breast self-examination for women in Urumqi needs to be improved. There were irregular and incorrect phenomenon in self-examination. Health education Led by the medical workers should be enhanced.

Key words: Breast self-examination; Health education; Analysis of the situation

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前言

乳腺癌是女性常见的恶性肿瘤,新疆妇女乳腺癌发病率远高于全国平均水平^[1],且发病率的年轻化趋势亦逐渐显著。实践表明,通过早期筛查可降低乳腺癌的病死率,效果明显。乳腺健康知识的宣传与普及、乳腺的自我检查及长年定期检查是预防乳腺疾病的重要方法^[2,3]。本研究旨在调查乳腺自检行为在人群中的实施情况和影响因素,为今后制定和开展乳腺癌早期发现健康教育项目提供依据和指导。

1 对象与方法

1.1 对象

选择 2011 年 4 月~12 月在我院进行妇女病普查的 286 名育龄妇女为调查对象,年龄 21~65 岁,平均年龄(43.6±1.9)岁。

1.2 研究方案

采用问卷调查法。自行设计问卷,问卷重测信度为 0.835,

现场发放调查问卷,由医护人员充分讲解问卷中的每个问题及填写要求,共发放问卷 2100 份,收回有效问卷 2041 份,有效率 97.2%。

1.3 统计学分析

采用 Excel2003 软件建立数据库,将所收集的资料经过核对、填补缺失值后,应用 SPSS17.0 软件对数据进行统计分析,统计学方法采用 χ^2 检验,以 $P<0.05$ 为差异有统计学意义。

2 结果

2.1 育龄妇女的乳腺自查情况

分析不同职业人群妇女乳腺自查频率,在 2041 个问卷中,定期自查(频率 >1 次/月)的占 28.7%,从不做乳腺自查的占 18.3%。其中医护人员的自查频率较高,工人的自查频率较低。

2.2 乳腺的自查认知情况

按乳腺自查频率分为三组,A 组(定期自查)、B 组(不定期自查)、C 组(从不自查)。总体分析,了解乳腺自查必要性、目的的比例较高,分别达到 84.8%、75.2%。了解最佳时间,接受过健康教育及认为掌握自查方法的比例较低,A 组的各项认知情况较其它两组好。

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表 1 育龄妇女的乳腺自查情况[例(%)]

Table 1 Breast self-examination of Women at childbearing age [n(%)]

Group	n	Breast self-examination frequency				
		> 1 time/month	1 time /quarter	1 time/a half year	1 time/a year	Never
Cadres	238	61(25.6)	42(17.6)	63(26.5)	44(18.5)	28(11.8)
Management and technical staff	365	109(29.9)	70(19.2)	74(20.3)	45(12.3)	67(18.4)
Workers	387	39(10.1)	73(18.9)	96(24.8)	67(17.3)	112(28.9)
Self-employed workers	189	51(27.0)	34(18.0)	38(20.1)	22(11.6)	44(23.3)
Teachers	456	128(28.1)	87(19.1)	78(17.1)	72(15.8)	91(20.0)
Health care personnel	406	197(48.5)	82(20.2)	58(14.3)	38(9.4)	31(7.6)
total	2041	585(28.7)	388(19.0)	407(19.9)	288(14.1)	373(18.3)

表 2 乳腺的自查认知情况[例(%)]

Table 2 Cognition of breast self-examination [n(%)]

Project	Group A(n=585)	Group B(n=1083)	Group C(n=373)	Total
Understand the necessity of breast self-examination※				
Yes	577(98.7)	1027(94.8)	126(33.8)	1730(84.8)
No	8(1.3)	56(5.2)	247(66.2)	311(15.2)
Describe the purpose of breast self-examination ※				
Can	542(92.7)	903(83.4)	89(23.8)	1534(75.2)
Can not	43(7.3)	180(16.6)	284(76.2)	507(24.8)
Aware best time for breast self-examination ※				
Yes	315(53.8)	451(41.6)	33(8.8)	798(39.1)
No	270(46.2)	632(58.4)	340(91.2)	1243(60.9)
Trained in breast disease health education※				
Yes	364(62.3)	622(57.4)	80(21.5)	1066(52.2)
No	221(37.7)	461(42.6)	293(78.5)	975(47.8)
Claiming that knowing the correct method of breast self-examination ※				
Yes	476(81.3)	701(64.7)	25(6.7)	1201(58.8)
No	109(18.7)	382(35.3)	348(93.3)	840(41.2)

Note: ※ means Comparison between groups, $P < 0.01$

2.3 乳腺自检者的自检正确程度

乳腺自检标准参照美国 Komen 乳腺癌基金会提出的乳腺自检方法和技巧制定而成^[9]。将乳腺自检的 10 个项目定义为一个多响应二分变量集,其中的每一个项目为一个二分变量。乳

腺自检者将自己的自检方法与标准的自检方法进行对照,选择与自己的自检方法相一致的项目,选择该项目变量赋值为 1,未选择赋值为 0,结果如下。

表 3 乳腺自检各条目的应答率及比较[例(%)]

Table 3 Comparison of the Objective response rate of Breast self-examination[n(%)]

Breast self-examination	Periodic group [n=585(%)]	Non-periodic group[n=1083(%)]	χ^2	P
Observation breast shape in front of the mirror	498(85.2)	406(69.4)	347.3	0.00
From four different postures observed	367(62.8)	241(41.2)	268.7	0.00
Lying position palpation	426(72.8)	228(38.9)	427.1	0.00
Palpation with the Middle three fingers	438(74.8)	338(57.8)	291.0	0.00
Ring palpation	412(70.5)	274(46.8)	319.5	0.00
Using three different power	342(58.4)	204(34.8)	270.9	0.00
Scope covers the entire breast	388(66.4)	261(44.6)	284.9	0.00
check the underarm	354(60.5)	190(32.5)	319.1	0.00
Check the nipple and areola	400(68.4)	264(45.2)	306.9	0.00
Self-examination time	429(73.3)	178(30.4)	531.2	0.00

3 讨论

3.1 自查现状分析

本调查显示未做过乳腺自检的比率较低,相当比例的妇女养成良好的习惯,定期做乳腺自检^[4,5]。这说明随着人们生活水平的不断提高和医学知识的逐渐普及,妇女对自身的健康给予了更多的关注和投入^[6,8]。其中医务工作者有过专业系统的学习,在认知乳腺自检的重要性和坚持自检方面明显高于其它职业^[9,10]。教师、管理及技术人员、个体工作者因受教育程度较高,可通过网络、报纸、健康讲座等方式学习到相关知识,自我保健意识加强^[11,12]。因个体工作者体检行为是自发的,本调查的个体工作者可能因教育度,收入水平较高而重视体检,与社区的抽样调查结果有出入。

3.2 乳腺自查不规律、不规范

即使了解了乳腺自查的重要性,仍然有许多受访者从不做自查^[13,14],常有“乳腺疾病距离自己很远”或“无所谓”等的心态。本次调查显示 53% 的受访者的虽有乳腺自查,但不规律,偶尔想起来就做,表现出认知与行为的脱节。一种健康行为的养成,可以是一种有意识的、目标明确的活动,也可能是一种无意识的个人习惯。对乳腺自查正确性的调查发现妇女对乳腺自检技巧的掌握不全面^[15,16],不定期组许多自检条目的应答率未达到 50%,定期自查组的应答率也不容乐观,而大多数受访者却认为自己掌握了正确的方法。乳腺自检要实现早期筛查的目的,自查方法应熟练正确且坚持定期自检,不适当的乳腺自查可能会使降低自检者依从性,甚至产生严重的后果^[4]。因此,对自查行为已经形成的人群绝不能放松教育,应引起健康教育工作足够重视,绝不能使其成为健康教育工作中的空白。

3.3 加强由医务人员主导的健康教育

一些健康行为逐渐成为习惯,但是不理解其原理,行为的规范性堪忧,效果大打折扣甚至产生负作用,特别是有的保健行为还可能由于客观环境的改变,带来不良影响。应该大力开展乳腺癌早期发现的健康教育工作,目标不应该仅仅放在妇女人群上,对医务人员的教育和培训十分必要。重要的是可以促进健康教育成果进一步巩固和加强,归因于医务人员在专业领域的权威性和对患者宣教的信服力,使得在自检的过程中更加熟练和准确,最大限度的发挥乳腺自查的积极作用达到预防保健的目的,发现早期乳腺癌,改善疾病预后,提高生活质量^[17]。根据需要实施健康教育,通过专题讲座、咨询、发放书面材料、录像讲解,“一对一”示范介绍乳房自查的方法与步骤等多种手段,提高乳腺癌的认知水平^[18]。

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