

Supplement

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Section 1

Checklist For Breast Examination

Section Status: 1. Completed 2. Partially Completed 3. Refused 4. Write reason for option 2 & 3:

1. Ask about any painful area in the breast, armpit, or surrounding area.
 - a. Pain present Yes/No
 - i. If yes, specify the area: _____
2. Ask about any **spontaneous** nipple discharge.
 - a. Discharge present Yes/No
3. Observe (Inspection) comparing both breasts:
 - a. Skin changes:
 - i. Changes in overlying skin such as: Yes/No
 1. Redness Yes/ No
 2. Dimpling/ulcer Yes/ No
 3. Skin thickening Yes/ No
 - ii. Swelling/visible lump Yes/ No
 - iii. Others, specify: _____
 - b. Compare the shape and size of both the breasts.
 - i. Normal bilaterally Yes/ No
 - ii. Abnormal Yes/ NoSpecify: _____
 - c. Observe nipples of both breasts.
 - i. Retraction (Right/Left/Both)
 - ii. Crusting (Right/Left/Both)
 - iii. Normal (Right/Left/Both)
 - d. Any lump felt/palpated in armpit. Yes/ No
 - e. Any lump felt/palpated above the collar bone. Yes/ No
4. Palpation (palpate both the breasts up to the collar bone and mid axillary lines to identify any abnormality/lump).
 - a. Any swelling/lump identified Yes/ No
 - i. Specify the area(s): _____
5. Any other relevant examination findings, please specify: _____

Section-2

Knowledge and Attitudes Regarding Breast Cancer in the Healthcare Workers (HCW)

1. Breast cancer only occurs in women.
 - a. Yes
 - b. No
2. Can Breast cancer occur in men?
 - a. Yes
 - b. No
3. Can a woman who has given birth to a child and breast-fed, get breast cancer?
 - a. Yes
 - b. No
4. Can a woman who does not have a family history of breast cancer get diagnosed with breast cancer?
 - a. Yes
 - b. No
5. Most breast cancers are, choose the correct answer:
 - a. Associated with a family history.
 - b. No clearly identifiable cause
6. Which of the following presentations may be suggestive of breast cancer? (choose all that apply)
 - a. Lump with pain
 - b. Lump without pain
 - c. Bloody discharge from nipple
 - d. Dimpling of skin
 - e. Any unusual change in the shape of breast(s)
 - f. Thickening/ulceration of skin
 - g. Don't know
 - h. Others (specify): -----
7. Which of the following modalities are needed to diagnose breast cancer? (Choose all that apply)
 - a. By checkup/examination
 - b. By mammography
 - c. By ultrasound
 - d. By biopsy
 - e. Don't know
 - f. Others (specify): -----
8. What is the next step after a woman has been found with a new palpable mass in the breast on your exam?
 - a. Refer the patient for breast imaging such as mammogram/ultrasound/biopsy.
 - c. Refer the patient directly for breast surgery.
 - d. Wait and watch.
 - e. Don't know
9. Needle biopsy can lead to spread of cancer.
 - a. Yes
 - b. No
10. Does breast cancer spread from person to person?
 - a. Yes
 - b. No

11. A breast lump in a woman is always a cancer.

- a. Yes
- b. No

12. It is best that Breast cancer left untouched.

- a. Yes
- b. No

13: In your opinion, is breast cancer treatable?

- a. Yes
- b. No
- c. Don't know

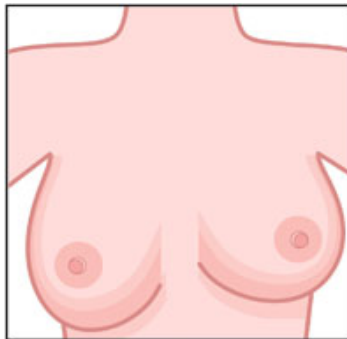
14. If a woman has a painless lump in her breast, in your opinion, should she consult a health care professional?

- a. Yes
- b. No

15. Match the correct items:

Changes in breasts	Picture no.
Lump in breast	
Abnormal changes in nipple	
Dimpling of skin	
Bloody discharge from nipple	
Any unusual change in the shape of both breast (s)	
Thickening/ulceration of skin	

A



B



C



D

E

F



Section-3

Knowledge and Attitudes Regarding Breast Cancer in the Community

Components of the Educational Intervention

The following topics were covered in an informal, semi-structured discussion with learners:

- An overview of breast cancer including its incidence and risk factors.
- Signs and symptoms of breast cancer
- Detection, evaluation, and diagnosis of breast cancer (importance of clinical breast exam, mammography, ultrasound and biopsy)
- How to conduct a self-breast examination.
- What steps to take when an individual feels a lump in their breast.
- What are the treatment options if breast cancer is diagnosed.

Questionnaire

Name of the respondent: _____

Age/Date of birth: _____

Woman's ID: _____ Household ID: _____

Date of Visit: _____ Union Council: _____

Village/Ward name: _____ Village/Ward code: _____

Section Status: 1. Completed 2. Partially Completed 3. Refused 4. Write reason for option 2 & 3:

1. Have you ever heard of Breast cancer?
 - a. Yes
 - b. No
 - c. Don't know
2. In your opinion, is breast cancer treatable?
 - a. Yes
 - b. No
 - c. Don't know
3. Does breast cancer spread from person to person by contact (contagious)?
 - a. Yes
 - b. No
 - c. Don't know
4. Do you know anyone who has been treated for breast cancer?
 - a. Yes
 - b. No
 - c. Don't know
5. In your opinion, which of the following may raise concerns about breast cancer? (Choose all that apply)
 - a. Lump
 - b. Blood discharge from nipple
 - c. Dimpling of skin
 - d. Any unusual change in the shape of breast(s)
 - e. Thickening of skin
 - f. Don't know
 - g. Others (specify): -----
6. Can Breast cancer occur in men?
 - a. Yes
 - b. No
 - c. Don't know
7. Can somebody get breast cancer even if none of their family members have been diagnosed with breast cancer?
 - a. Yes
 - b. No
 - c. Don't know
8. Can a woman get breast cancer even if she has nursed a child?

- a. Yes b. No c. Don't know

9. In your opinion, how can breast cancer be diagnosed? (Choose all that apply)

- a. By checkup/examination
- b. By mammography
- c. By ultrasound
- d. A combination of checkup/tests and biopsy
- e. Don't know
- f. Others (specify): -----

10. If a woman has a painless lump in her breast, in your opinion, should she consult a health care professional?

- a. Yes b. No c. Don't know

11. At this point in time, do you have any lump or breast abnormality that you can see or feel?

- a. Yes b. No c. Don't know

If yes, what signs are present? -----

12. Will it be feasible for you if a health worker comes to your place and teaches you how to examine your breast?

- a. Yes b. No c. Don't know

13. If you are asked to carry out breast self-examination on a monthly basis, will you be able to do this?

- a. Yes b. No c. Don't know

Section 4

Reasons for Loss-to-Follow-Up for Last Appointment

Tick all that apply as reasons for not attending the last scheduled appointment

- Lack of adequate transportation facilities
- Long distance.
- Financial constraints.
- Household responsibilities.
- Childcare
- Care for elderly
- Prohibited by family member(s)
- No attendant/nobody available to accompany patient
- Forgot about appointment
- Were not properly informed about their appointment
- Thought appointment was not important
- Not satisfied with previous appointment
- Visited other healthcare facility
- Not feeling well enough to come to appointment
- Other (please specify):
