

BSE: Empowering Migrants in Early Detection of Breast Cancer

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ABSTRACT Indonesian migrant workers in Malaysia often face challenges in accessing health services, including education about breast cancer. This limited access increases the risk of late detection, which negatively affects prognosis. Education about the Sadari method (self-examination of breasts) can be an important tool for early detection of breast cancer among migrant workers. The aim of this service is to empower Indonesian migrant workers in Malaysia with the knowledge and skills needed to carry out early detection of breast cancer using the Sadari method. This is expected to increase the detection of breast cancer at an early stage and raise awareness about the importance of regular health checks. Service is carried out through workshops, Awareness training sessions and educational video materials in Indonesian. Workshops are held online and offline to expand reach. Collaboration with NGO Sharing and the Embassy of the Republic of Indonesia in Malaysia was carried out to support this initiative. This program has successfully reached hundreds of migrant workers, with significant improvements in Sadari's understanding and practice. Participants reported increased confidence in performing Awareness and better awareness of the importance of early detection. These results demonstrate the importance of culturally adapted approaches in health programs for migrants. Sadari education paves the way for migrant workers to become health advocates in their communities, lowering language and cultural barriers.

Keywords: *Early Detection of Breast Cancer; BSE Method; Migrant Empowerment; Health Education*

1. INTRODUCTION

Breast cancer, as one of the leading diseases affecting women globally, requires special attention in detection and treatment. The importance of early detection, which can increase the chances of treatment and survival, is especially relevant for communities with limited access to health resources, such as Indonesian migrant workers in Malaysia. (Huang et al., 2021)

Migrant workers often face unique barriers in accessing health services, including language problems, inadequate facilities, and limited knowledge of local health systems. This situation complicates efforts to detect early diseases, including breast cancer. (Tjitrawati, 2017)

The Aware Method, or breast self-examination, has been recognized as an important tool in early breast cancer detection strategies. Although this practice is easy and can be done

independently, the knowledge and implementation is not yet widely understood or applied, especially among migrant communities. (Gür et al., 2014; Nurpadila et al., 2022)

Previous studies have shown that health education programs designed taking into account the cultural and linguistic background of the target audience are more effective. This emphasizes the importance of building programs that suit the specific needs of Indonesian migrant workers in Malaysia in the context of health education. (Institute of Medicine (US) Committee on Understanding and Eliminating Racial and Ethnic Disparities in Health Care, 2003)

Thus, the initiative to provide BSE education for Indonesian migrant workers in Malaysia not only increases awareness and knowledge about early detection of breast cancer, but also offers practical solutions to overcome barriers to health access in this community. This kind of community service plays an important role in public health strategies for migrant populations. (Marceca, 2017; Medina et al., 2021)

In the situation analysis, it was found that Indonesian migrant workers stationed in Malaysia at the Embassy of the Republic of Indonesia did not understand how to detect early breast cancer and were hearing about BSE for the first time. In this regard, this community service material was raised in order to empower migrant workers independently in carrying out early detection of breast cancer using the BSE method

2. METHOD

This community service program is designed to empower Indonesian migrant workers in Malaysia in early detection of breast cancer through the BSE method. Our approach combines education with lectures, questions and answers, and aware practice sessions, aiming to increase awareness, knowledge, and practical skills in early detection of breast cancer.

The lecture session is the initial stage of this program, where important information about breast cancer, the importance of early detection, and the Awareness technique is presented. Lecture material is adapted to the linguistic and cultural background of participants to ensure optimal understanding. After the lecture session, hold a question and answer session, providing an opportunity for participants to clarify doubts and discuss their experiences or concerns. These sessions also allow participants to share experiences and learn from each other, encouraging active engagement.

Realize practice sessions are at the heart of the program, where participants are taught how to carry out breast self-exams effectively. The author is a midwife, trained in the Awareness technique, providing a step-by-step demonstration. To ensure good understanding, participants then practice Awareness. This provides an opportunity for participants to immediately apply what they

have learned and get immediate feedback.

Supporting materials in the form of videos in Indonesian are provided to migrant participants. These materials can be accessed after the session for reference and independent practice. The program's approach is based on adult education principles, recognizing the importance of participants' experience and knowledge, and ensuring that teaching materials and methods are relevant to migrants' needs and context.

The distribution of duties for each community service member at the Indonesian Embassy in Malaysia is as follows:

Tabel 1. community service member at the Indonesian Embassy in Malaysia

No	Name	Position as a service	Job desk
1	Sukmawati, S.Si.T, M. Kes	Chairman	Coordinating with members Conduct health education Providing education on early detection of breast cancer using the BSE method
2	dr. J. Nugrahaningtyas W. Utami, M. Kes	Member	Conduct documentation and write down every activity carried out
3	Tutik Astuti, S.Si.T, M. M. Kes	Member	Together with the chairman prepare activity reports and publish the results of the report

3. RESULT AND DISCUSSION

Results

The activities were held at the Indonesian Embassy (Embassy of the Republic of Indonesia) in Kuala Lumpur, Malaysia. This activity was held thanks to the collaboration between the NGO Sharing Indonesian Academic Community and the Indonesian Embassy Kuala Lumpur, Malaysia. Indonesian migrant workers placed in Malaysia were very enthusiastic when providing material, showing videos and starting to practice.

The program successfully reached a large number of Indonesian migrant workers in Malaysia, with consistent attendance and high participation rates in all sessions. Participants demonstrated significant improvements in understanding of early breast cancer detection and the aware method.

Results showed a significant increase in knowledge about breast cancer and Awareness. Participants reported increased confidence in performing Awareness and better awareness of the importance of early detection.

Feedback from participants indicated that culturally and linguistically tailored approaches were highly valued and increased understanding and engagement. The supporting materials were also well received, with many participants stating that they would use the materials as guidance in the

future.

Discussion

These findings demonstrate the importance of approaches tailored to the specific needs of migrant communities in health education. In accordance with existing literature, education that considers cultural and linguistic aspects tends to be more effective (Marceca, 2017; Medina et al., 2021).

Increases in knowledge and confidence to undertake Awareness are important indicators of the success of this program. This is in line with research showing that hands-on education can improve skills and confidence in health practice (Gür et al., 2014; Huang et al., 2021).

Positive feedback on supporting materials confirms the importance of providing accessible resources post-training, which support continued learning and application of knowledge (Nurpadila et al., 2022).

These results demonstrate the potential of the Sadari education program designed specifically for migrant communities in increasing early detection of breast cancer. This is important in the context of migration, where access to health services may be limited (Tjitrawati, 2017).

Photos and Images



Figure 1. Educational presentation on early detection of breast cancer with BSE



Figure 3. Asking one of the participants to practice BSE

No.	Nama Lengkap	Alamat Asal (Indonesia)	No. Kontak / Email	Tanda Tangan
1	SUNARTI	SUMUT MEDAN	-	[Signature]
2	LULUHI	JUMAH ORAHAN LIGUE GIBRAN	-	[Signature]
3	YENSI	KEMEN JERING	-	[Signature]
4	SHEALINA	BANDUNG JAWA BARAT	-	[Signature]
5	FARMAWATI	SUMUT MEDAN	-	[Signature]
6	RANA RA	BANGUN SAMPUNG	-	[Signature]
7	TINJE HARAH	MEAN (SUM)	-	[Signature]
8	RINA LORIANITA	PANGLAY (SUMUT)	-	[Signature]
9	SINTA ALIA	BANDUNG JAWA BARAT	-	[Signature]
10	KIRING WIDAYATI	SOGONG JAWA BARAT	-	[Signature]
11	PRINAFIN	JAWA TENGGAH	-	[Signature]
12	MINTAS SARI	MEKAN	-	[Signature]
13	SRI SUKRYATI	SOLO	-	[Signature]
14	RUMAH ANILUB	JOMBANG, SUMUT, PANGKAL JENJANG	-	[Signature]
15	SUSAN	NTP	-	[Signature]

No.	Nama Lengkap	Alamat Asal (Indonesia)	No. Kontak / Email	Tanda Tangan
16	MURNI	Medan	-	[Signature]
17	Aminah	ACeh	-	[Signature]
18	MAIMUNAH	Bandar Mestek	-	[Signature]
19	FAR ANSARI S	Banten	-	[Signature]
20	aisah	SUMEDANG	-	[Signature]
21	KASTIRAH	JAWA BARAT	-	[Signature]
22	AGUSTERA	Bangka Belitung Belitung Timur	-	[Signature]
23	ERAWATI TUNIAH	Lampung Tengah	-	[Signature]
24	Erniwati	Jawa Timur	-	[Signature]
25	Suma	Madura, Jawa Timur	-	[Signature]
26	Siti Jumari ah	Di. ANJARAN GONGGAT KRAGAN MAGELANG	-	[Signature]
27				
28				
29				
30				

Figure 3. List of participants attending education on early breast cancer detection using the BSE method in room B of the Indonesian Embassy in Kuala Lumpur, Malaysia 10 December 2023

4. CONCLUSION

This community service shows that effective and accessible health education can make a significant difference in the early detection of breast cancer among migrant workers. Approaches that address the specific needs and barriers faced by migrant workers have proven effective in increasing awareness and empowerment.

Recommendation:

It is recommended that similar programs be adopted in other locations with large migrant populations. The importance of partnerships with local organizations, translation of materials into relevant languages, and a flexible approach to the delivery of materials should be a key focus for similar initiatives in the future.

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CONFLICT OF INTERESTS

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