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### Understanding the experience of moral distress: An Australian perspective

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The aim of this study was to gain insight into the experience of moral distress for Australian aged care workers in residential and community aged care. An explanatory, sequential mixed methods approach grounded in a pragmatist perspective has been used. Phase one of the study involved the amendment and pilot testing of a measurement instrument. Phase two employed semi-structured interviews exploring the experience of moral distress for Australian aged care workers. Initial pilot testing of the amended instrument demonstrated reliability ( $\alpha$  0.94). Moral distress in this sample of Australian aged care workers occurred with relatively low frequency; however when it did occur was deemed to be moderately distressing. Further testing of the amended instrument is warranted. Preliminary analysis of interview data suggests that organizational structure and resourcing issues are two key areas contributing to moral distress for these workers. Australian aged care workers described organizational constructs such as over regulation and inadequate communication channels and resourcing constraints related to inadequate staffing and unrealistic workloads. Moral distress contributes to decreased quality of care, diminished workplace satisfaction, physical and emotional illness & burnout and staff turnover. Interventions targeting these concerns are necessary to improve retention; specifically in light of an ageing workforce and increased demand on aged care services.

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### Deficient knowledge of breast cancer risk factors and lack of regular breast self-exams among Malaysian female university students

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Health promotion efforts surrounding breast cancer intend to both prevent the condition and manage the disease through a combination of breast self-exams and physician-directed procedures. Despite continuous debate about the efficacy of breast self-exams; it still could be a life-saving technique through inspiring and empowering women to take better control over their breast. A cross-sectional survey was conducted in 2013 in the nine public and private universities in the Klang Valley and Selangor, Malaysia. 850 female university students were respondents for the self-administered survey technique. The uptake of breast self-examination (BSE) was less than 50% among selected students. Results also presented that 32.5% of the respondents did not routinely perform breast self-exams and most of the students had insufficient knowledge and awareness on several breast cancer risk factors. This study may facilitate healthcare providers to tailor breast self-exam/self-care recommendations based on the uptake of breast self-exams. Actions and attempts should be done to expand the knowledge of breast cancer through the development of culturally, ethnically and traditionally sensitive educational training on (BSE) and breast cancer prevention among women in the Southeast Asia region.

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