



A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING REGARDING CARDIOPULMONARY RESUSCITATION AMONG PLUS TWO STUDENTS AT GOVERNMENT HIGHER SECONDARY SCHOOL, BALARAMAPURAM

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ABSTRACT

Cardiopulmonary resuscitation (CPR) is a life saving technique useful in many emergencies, including a heart attack or near drowning, in which some one is breathing or heart beat has stopped. It is an emergency procedure that combines chest compressions often with artificial ventilation in an effort to manually preserve intact brain function until further measures to taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest. The cardiopulmonary resuscitation (CPR) guidelines of compression- only life support (COLS) for management of the victim with cardiopulmonary arrest in adults provide a step wise algorithmic approach for optimal outcome of the victim outside the hospital by trained lay persons. Adolescents are the main targeted groups that we selected to this topic. Because they have less knowledge regarding CPR. "A study to assess the knowledge regarding CPR among plus two students studying in Govt. H.S.S, Balaramapuram with a view to develop an information booklet. "Objectives are to assess the knowledge regarding CPR among plus two students, to find out the association between knowledge scores with their selected demographic variables. 30 samples are included in the study who meets the inclusive criteria, this is a descriptive design and analysis were done by using inferential statistics. The findings clearly shows that there is no student had poor knowledge regarding CPR among plus two students. 33.33% of student had adequate knowledge regarding CPR and the majority of 66.67% students having good knowledge about cardiopulmonary resuscitation. The study concludes that the plus two students required more knowledge and skill regarding CPR to practice effectively to save life of a victim. There is effectiveness in structured teaching programme.

KEYWORDS :

INTRODUCTION

The heart is the centre of cardiovascular system and it is vitally responsible for just about everything that gives body life ranging from the transportation of O₂ to the success of the immune system.

Each year, a number of persons suffer with an accident or illness, severe enough to stop their breathing and leads to respiratory arrest. In a small number of these cases, it will even stop their heart beating and leads, to cardiac arrest. Sudden cardiac arrest is a major cause of death in developed countries. Sudden death occurs when heart beat and breathing stops. The best chance of ensuring their survival is to give them emergency treatment known as cardiopulmonary resuscitations.

CPR is unlikely to restart the heart. Its main purpose is to restore partial flow of oxygenated blood to brain and heart. The goal is to delay tissue death and to extend the opportunity for successful resuscitation without permanent brain damage or death.

Resuscitation is a medical word, that means to revive or bring back to life. Sometimes cardiopulmonary resuscitation (CPR) can help a person who has stopped breathing to stay alive. Despite advances in CPR methods, including the introduction of the Automatic Electrical Defibrillator (AED) and therapeutic hypothermia, only about 10% of adult out of hospital cardiac arrest victims survive to hospital discharge and the majority of survivors have moderate to severe cognitive deficits 3 months after resuscitation

In 2018 Moyuresh Kumar Pareek found that maximum arrest were because of cardio respiratory arrest. Immediate survivors were 5 out of 6(83.3%), out of 5 patients only 2 were alive at the end of 24 hrs (40%) and none of them survived to be discharged. Overall survival to hospital discharge was 38% (1.7 - 1.3%) of a 3220 pooled patient group. Analysis of their functional recovery found good out come in 86.7% moderate impairment in 10.2% (8.544%) and severe impairment in 3.1% of survivors from a cohort of 1679 pooled patients.

A recent study has shown that members of the public having

received CPR training in the past lack the skill and confidence needed to save lives. These experts believe that better training is needed to improve the willingness to respond to cardiac arrest.

In the light of above agreed largely that CPR is one of the most essential methods available to save a cardiac patients life. As such we think that it is very important to evaluate the level of knowledge in our society. So, we are conducting a study to assess the knowledge and skill in CPR technique among the plus two students and also to update the knowledge and improvement in skill. It helps them to learn more about CPR and prevent death occurring due to cardiac arrest.

MATERIALS AND METHODS

The research approach selected for the study is quantitative evaluative research approach and the design selected for the study is one group pretest post-test research design. This study was conducted in the plus two students in Govt. H S S Balaramapuram. The sample of the study comprises of 30 plus two students. Simple random sampling technique is used for the study. Written permission will be obtained from the concerned authority of the NIMS college of Nursing and the head of the authority of Govt. H S S Balaramapuram , and assent will be obtained from the sample. The investigator will introduce herself to the participants and objectives of the study will be explained to them. The structured questionnaire will be distributed to the students to assess the knowledge regarding Cardio Pulmonary Resuscitation after that structured teaching program was conducted and post test collected after 3 days.. The data obtained were analyzed by using descriptive and inferential statistics.

RESULTS

Section 1: Sample characteristics

Majority of samples 83.3% belongs to 17-18 years of age and 16.6% belongs to 15-16 years. Majority of samples 56.66% belongs to female and 43.3% belongs to males.

Majority of the sample 83.3% belongs to rural area and 16.6% belongs to urban area. Majority of sample 76.6% belongs to nuclear family and 23.33% belongs to joint family.

Section 2: Level of knowledge regarding CPR among plus

two students before and after structured teaching programme.

Majority of the sample 66.67% have good knowledge and 33.33% have average knowledge regarding CPR after structured teaching programme. Paired 't' test showed that table value is less than calculated value. So there is significant difference in knowledge regarding CPR after STP (t=4.70) when p>0.05 there is an improvement in post test score of CPR among plus two students.

Table shows distribution of subjects according to posttest knowledge score

Sl.no	Level of knowledge	frequency	%
1	Poor	0	0
2	Average	10	33
3	Adequate	20	67

Section-3: Association between level of knowledge regarding CPR with their selected demographic variables.

Chi-square test was employed to find out the association between level of knowledge regarding CPR with their selected demographic variables. There was no significant association found between post test score of knowledge regarding CPR and other selected demographic variables.

DISCUSSION

The present study focused on effectiveness of structured teaching programme to assess the knowledge regarding CPR among plus two students. A study to assess the effectiveness of planned teaching programme on knowledge and practice of BLS among high school students in Mangalore. The first objective was to assess the knowledge regarding CPR before structured teaching programme. A pretest intervention was adopted. Students who passed pretest were 66.7%. The second objective was to assess the level of knowledge regarding CPR after structured teaching programme. A post test was conducted after structured teaching programme. The majority of the sample 66.67% have good knowledge have average knowledge regarding CPR after structured teaching programme.

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