

Study To Assess The Effectiveness Of Planned Teaching Programme On Knowledge Regarding Basic Life Support Among B.Sc Nursing 1st Year Students At Baba Educational Society, Institute Of Paramedical College Of Nursing.



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ABSTRACT-

Heart disease is the world's largest leading cause of death. According to world Health Organization (WHO) estimates, 17.5 million people around the globe, die of Heart disease each year. This is over 31% of all deaths globally. WHO estimates that by 2020 close to 60% of cardiac patients worldwide will be Indian. The present study was conducted to assess the effectiveness of planned teaching programme among BSc Nursing 1st year student regarding Basic Life Support (BLS) in selected college of Nursing, Lucknow Uttar Pradesh. A total 30 student were selected through convenience non- probability sampling technique. The data is collected through self structured knowledge questionnaire on Basic Life Support. The tool was developed in two parts the first part deals with 5 demographic variables and second part consist 30 self structured questionnaire regarding Basic Life Support. The planned teaching on knowledge regarding Basic Life Support on knowledge was effectual in upgrading the knowledge of student nurses knowledge of Basic Life Support using planned teaching programme on knowledge regarding Basic Life Support was effective as their knowledge level improve significantly. Study result reveal that knowledge enhanced after the teaching programme. Planned teaching programme was effective on imparting knowledge among nursing students.

INTRODUCTION-

Life - threatening emergencies can occur at anytime, anywhere and for any one. Cardiovascular disease is a leading global cause of death accounting for 17.3 million deaths per year, a number that is expected to grow to more than 23.6 million by 2030. Recent statistics suggest that sudden cardiac arrest is rapidly becoming the leading cause of death.

Cardiac diseases are among the leading causes of death worldwide. Cardiac arrest is an important public health concern. It is the leading cause of death worldwide generally develops the ages between 40 - 75. Permanent brain damage is seen in more than quarter of the patients who survived after early resuscitation. The sudden cardiac arrest requires emergency interventions. Successful cardio pulmonary resuscitation application is the first step for patients having cardiac arrest to continue to their normal life. Life-saving interventions are vital for the prevention of sudden cardiac arrest associated deaths. BLS includes both prompt recognition, immediate support of ventilation and circulation in case of respiratory or cardiac arrest. Health team members are playing a vital role in decreasing mortality rates due to cardiac arrest.

Basic life support is commonly taught to the general public and the new generation as these may be the only ones present in the crucial few minutes before emergency personnel are available. Cardiopulmonary resuscitation is a technique of basic life support for the purpose of oxygenating the

brain and heart until appropriate definitive medical treatment can restore the normal heart and ventilatory action. Cardiopulmonary resuscitation, more commonly known as CPR, is a basic life support procedure for people whose heart and lungs have ceased to function effectively. Cardiovascular disease remains the most common cause of death in developed countries and is increasing in number in developing countries. In USA, 48% of all deaths (1994) were due to cardiovascular disease. In 1997 the death rate was 35% but 68% of these deaths occurred before reaching the hospital. In India, in 1994, the annual death rate due to cardiovascular disease was 18%.

Early and effective Cardio Pulmonary Resuscitation (CPR) improves the chances of survival in cardiac arrest victim. CPR skills and knowledge vary among health care professionals. Basic Life Support (BLS) is the level of medical care which is used for victims of life threatening illness or injuries until they can be given full medical care at hospital. It can be preceded by trained medical personnel, emergency medical technicians, paramedics & lay persons who have received BLS training. BLS promotes adequate blood circulation in addition to breathing through a clear airway.

Cardiopulmonary resuscitation is only one of the life saving skill used in Basic Life Support. Basic Life Support is non-invasive and does not involve giving medication. The purpose of Basic Life

Support is to maintain sufficient blood circulation and breathing through a clear airway.

Basic life support is that particular phase of emergency cardiac care that externally supports the circulation and ventilation of the victim of cardiac arrest or respiratory arrest through cardio pulmonary resuscitation. The main aim is to provide basic life support and save life of the patient, maintain an open and clear airway, breathing by artificial ventilation, blood circulation by external cardiac massage, also provide oxygen to the vital organs until appropriate definitive medical treatment arrives. Indication for the basic life support is respiratory arrest resulting from stroke, foreign body aspiration, airway obstruction, smoke inhalation, myocardial infarction and cardiac arrest. (Arnold broom, (2002).

Business standard in 2009 states that approximately 4280 out of every one lakh people die every year from sudden cardiac arrest in India. WHO census statistics shows mortality due to cardiac arrest as overtaken mortality due to all cancers put together. Dr. Balbar Singh interventional cardiologist in Apollo Hospitals highlighted that "after a cardiac arrest there are 4 to 6 minutes. Before brain death & death occur. Chances of survival reduced by 7 to 10 % in every passing minute. It is a silent epidemic & the Indian population should beware. BLS will be effective in rescuing the clients with the sudden cardiac arrest.

So the aim of our study is to evaluate the effectiveness of planned teaching plan on knowledge of basic life support among students nurses. educational activities should provide the skills and knowledge that enable nurses to meet this goal. The new nursing generation need to grow in proper and timely provision of essential care to their patients. For that, they need necessary knowledge.

Objectives of the study-

1. To assess the pre existing knowledge among BSc Nursing 1st year student regarding Basic Life Support.
2. To evaluate the effectiveness of planned teaching programme on knowledge regarding Basic Life Support among B.Sc Nursing 1st year student.
3. To find out the association between pre test knowledge score with their selected demographic variables.

Hypothesis of the present study-

H1 -There is significant difference between pre-test and post-test knowledge score regarding Basic Life Support among B.Sc Nursing 1st year student.

H2 -There is significant association between the Pre-test knowledge score of student with their demographic variables.

DELIMITATION OF THE STUDY-

Every study is not complete itself and it is bound to have some limitations which depend on resources of the investigator and they are termed as Delimitation of the study. Following are the Delimitation of the present study-

The sample had been limited to 30 student of B.sc nursing 1st year student at Baba Educational society, institute of paramedical college of Nursing.

The period of the study had been limited.

POPULATION OF THE STUDY-Population for a studies look at accommodates the complete aggregate of factors where wherein researcher is interested and to which the end result of the study may be implemented. This study population comprise of B.sc nursing 1st year student from Baba Educational society, institute of paramedical college of Nursing, Lucknow, Uttar Pradesh. But researchers can not perform the research on total population so in this study the accessible population is B.sc nursing 1st year 30 student of Baba educational society, institute of paramedical, college of Nursing Lucknow, Uttar Pradesh.

SETTING OF THE STUDY- This study is conducted in Baba Educational society, institute of paramedical, college of Nursing, Lucknow, Uttar Pradesh.

SAMPLE- sample is subset of population decided on take part in a studies study investigators select a sample of 30 student studying in BSc Nursing 1st year student at Baba Educational society Institute of paramedical, college of Nursing Lucknow Uttar Pradesh. The 30 student were selected through non - probability Convenient sampling technique.

SAMPLING TECHNIQUES-A total 30 student B.Sc Nursing 1st year student of Baba educational society, institute of paramedical, college of Nursing, Lucknow, Uttar Pradesh was selected by non - probability convenient sampling technique.

VARIABLES - In this study three type of variable has been evolved out of which one is independent variable and second is dependent variable and third is demographic variable. The categories of variables discussed in the present study were:

1.Independent variable-The planned teaching programme on knowledge regarding Basic Life Support.

2- Dependent variable- knowledge of student regarding Basic Life Support.

3-Demographic variable- it includes age, Residential area ,previous knowledge, source of information, previous experience regarding Basic Life Support.

DATA COLLECTION-

The data was collected by using the demographic Performa and self structured questionnaire. A self structured questionnaire was prepared by the researcher and it's consisted of 30 multiple choice questions to assess the knowledge regarding Basic Life Support.

Each correct answer carries one mark and incorrect marks carries 0 marks. Above 20marks considered as adequate knowledge and 11-20 marks considered as moderate knowledge and below than 10 marks considered as inadequate knowledge. pre – test was taken from 30 student which were selected by convenient sampling technique .The subject in this group were then given to planned teaching on Basic Life Support with the help of Lesson plan and audio visual aids. Post-test was taken after two days to assess the effectiveness of planned teaching programme. Time spend for planned teaching programme was 45 minutes.

RRESUT AND DISCUSSION -The primary objective shows that pre- test 18 (40%) student have inadequate knowledge and 12(60%) student have moderate knowledge regarding Basic Life Support ,whereas in post-test 12(40%)of student have adequate knowledge and 18(60%) student have moderate knowledge regarding Basic Life Support. During the pre – test mean score 11.5 SD is 4.89 which is the 38.3% of the total mean score whereas in post -test the mean score was 19.5+- 4.89 (SD)which is 65% of the total mean score depicting difference of 26.7% increase in mean percentage of score. The calculated 't' value 11.177 which is higher than the $p < 0.05$ states that highly significant difference between the Pre-test and post-test. It prove that the Planned Teaching programme was highly effective in improving the knowledge regarding Basic Life Support among B.Sc Nursing 1st year student. So H1 was accepted. And there is no significant association between pre-test level of knowledge regarding Basic Life Support among B.Sc Nursing 1st year student with their selected demographic variables so H2 is rejected.

One more study is conducted by D. Ravivarman and K kamala (2021) to assess the effectiveness of structured teaching programme on knowledge regarding Basic Life Support among 1st year undergraduate nursing students. The aim of the study is to assess the effectiveness of structured teaching programs on knowledge regarding Basic Life Support, the Quantitative pre experimental research design for this study. First year 59 undergraduate Nursing students selected for this study. The study revealed that mean of post-test of BLS was 15.13+-2,26 higher than the mean of pre-test score 8.6+-3.70.thus the Planned Teaching program was effective in enhancing the knowledge and practices of Nursing students.

The present study result showed that in pre-test majority of students have inadequate and moderate knowledge regarding Basic Life Support and after the Planned Teaching program the knowledge was improve among B.Sc Nursing 1st student. So this study proved that significant difference was there between pre-test, and post-test knowledge and also found that planned teaching programme was effective to improving the knowledge regarding Basic Life Support among B.Sc Nursing 1st year student. The reason for lack score is lack of theoretical and clinical training on BLS .This study recommended that giving adequate BLS knowledge and training for all health professionals and include a special training session for BLS can improve the skill of Nursing students on BLS.

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