

Cardiopulmonary Resuscitation Among School Students: An Assessment of Attitude

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Abstract: This paper presents an overview on cardiopulmonary resuscitation among school students.

Keywords: Cardiopulmonary resuscitation.

1. Introduction

Heart disease is the world's largest killer, claiming 17.5 million lives every year. About every 29 seconds, an Indian dies of heart problem. As many as 20,000 new heart patients develop every day in India, six core Indians suffer from heart disease and 30 percent more are at high risk. The risk of sudden cardiac death from coronary artery disease in adults is estimated to be 1 per 1,000 adults 35 years of age and older per year. About 75 percent to 80 percent of all out-of-hospital cardiac arrests happen at home. Hence, being trained to perform CPR can make the difference between life and death for a victim. Each year almost 330,000 peoples die from heart disease. Half of these will die suddenly, outside of the hospital because their heart stops beating. The most common cause of death from heart attack in adult is a disturbance in the electrical rhythm of the heart or ventricular fibrillation. It can be treated by applying an electrical shock to the chest. One way of buying time until a defibrillator becomes available is to provide artificial breathing and circulation by performing CPR.

2. Materials and methods

A cross sectional design study was conducted among senior higher secondary students involving Plus two 1 (PT1) and Plus two (PT2) students selected from six secondary schools in Ballia, Uttar Pradesh. The responses of the participants were obtained using a self-administered questionnaire having 10 items regarding the attitude of the students to CPR. Six hundred (600) copies of the questionnaire were distributed to the students in the various schools and 572 properly filled copies were returned, giving a response rate of 93%

The researcher went into the study with one research question and one research hypothesis in mind: What would be the attitude towards CPR among the students? There would be no statistically significant positive attitude towards CPR among the selected students.

A. Data Analysis

At the end of data collection, the returned copies of the

questionnaire were organized, tabulated and statistically analyzed using the Statistical Package for Social Sciences (SPSS). Mean with standard deviation, as well as the Student's t-test was used in the analysis with P-value set at 0-05.

3. Results

The result revealed that 93.9% would like to learn CPR, 95.6% would like to teach others after learning, 66.5% would perform mouth-to-mouth ventilation on a stranger, 91.6% would perform CPR on trauma victims, 94.7% on relatives, 86% on elderly victims and 95.4% on a child. In all, their attitude was positive and 92.1% were hopeful about survival of a collapsed victim who received CPR. Close to ninety four percent (94.9%) agreed that it should be taught in Uttar Pradesh schools and 96.8% to other citizens. The calculated t-value 11.67 is greater than the t-critical table value of 1.96 at 0.05 significant level. The null hypothesis of no significant positive attitude towards CPR among the selected students is, therefore, rejected, showing that there is significant positive attitude towards CPR among the selected secondary school students.

4. Implications of the findings/contribution to knowledge

- The findings of this descriptive study show that the incorporation of the teaching / training of CPR into the Uttar Pradesh higher secondary school curriculum would be welcomed by the students.
- The possible subsequent practice of the art and science of CPR by the secondary school students would increase the available of bystanders needed in the provision of CPR in our community.
- This study has provided the first documented information on how the Uttar Pradesh secondary school students feel about cardiopulmonary resuscitation and its introduction into their schools' curriculum.

5. Conclusion

Based on the findings above, the following conclusions were drawn: The school system offers a promising route to the widespread dissemination of CPR skills. Indeed, schools provide suitable environment for training and reinforcement of knowledge and skills. School children are more accessible and more easily motivated than adults; they learn quickly and retain

skills well. The positive attitude of the studied higher secondary students towards CPR is not only comparable to what has been reported in Europe and Asia, but actually much more which gives a strong support to the advocacy for the introduction of the teaching of this subject into the schools' curriculum.-By incorporating resuscitation skills into the school curriculum, it is hoped that greater awareness and acceptance of CPR as well as specific resuscitation skills might be instilled routinely in the upcoming generation, thereby increasing effectively the CPR bystanders providers in the community.

6. Recommendations

Based on the findings of this study, it is recommended that the teaching of CPR should be incorporated into the secondary schools' curriculum without delay and teachers should capitalize on children's willingness to learn this subject as one of basic emergency life-saving skills and reinforce skills performance on an annual or more frequent basis. Similar studies should be carried out in other parts of Uttar Pradesh.

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