Effectiveness of Structured Teaching Programme On Knowledge Regarding Cardio Pulmonary Resuscitation Among Degree Students at Selected College, Ballia, Uttar Pradesh

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Abstract: **This paper presents an overview on effectiveness of structured teaching programme on knowledge regarding cardio pulmonary resuscitation among degree students at selected college, Ballia, Uttar Pradesh.**

Keywords: **Structured teaching programme, Cardio pulmonary resuscitation.**

1. Introduction

In India the annual incidence of sudden cardiac death accounts for 0.55 per 1000 population. The survival rate of a sudden cardiac arrest is almost less than 1%. Sudden cardiac death constitutes 40-45% of cardiovascular deaths and out of this almost 80% are due to heart arrhythmia disturbances or arrhythmia. Maximum arrests were because of cardio respiratory arrests. Immediate survivors were 5 out of 6 (83.3%), out of 5 patients only 2 were alive at the end of 24 h (40%), and none of them survived to be discharged. Overall survival to hospital discharge was 3.8% (1.7-13%) of a 3,220 pooled patient group. Analysis of their functional recovery found good outcome in 86.7% (44-89%), moderate impairment in 10.2% (8.5-44%) and severe impairment in 3.1% (2-36%) of survivors from a cohort of 1679 pooled patients. Although, survival from prehospital arrest is diminished in geriatric groups, those who survive often have good functional recovery.

Various studies suggest that in out-of-home cardiac arrest, bystanders, lay persons or family members attempt CPR in between 14% and 45% of the time, with a median of 32%. Internationally, rates of bystander CPR reported to be as low as 1% and as high as 44%. However, the effectiveness of this CPR is variable, and the studies suggest only around half of bystander CPR is performed correctly. A recent study has shown that members of the public having received CPR training in the past lack the skills and confidence needed to save lives. These experts believe that better training is needed to improve the willingness to respond to cardiac arrest.

Investigator found it is desirable to assess the knowledge and skill in CPR technique among the degree students and also to update the knowledge and improvement in skill. The way to learn CPR is to practice CPR. Educating the students and creating awareness in helping them to learn more about CPR and it help to prevent death occurring due to cardiac arrest. Early initiation of CPR improves the chance of successful resuscitation and survival.

2. Methodology

The aim of the present study was to assess the effectiveness of structured teaching programme on Cardiopulmonary Resuscitation among degree students in a selected college at Ballia, Uttar Pradesh. The study was conducted by using quasi experimental design. Sample size was 50 degree students selected by purposive sampling technique. The effectiveness of structured teaching programme was evaluated by questionnaire. The responses were analysed through descriptive statistics (mean, frequency, percentage and standard deviation) and inferential statistics (paired 't' test).

3. Results and discussion

The study findings revealed that (01)02% of students had Very poor knowledge, (26)52% of students had poor knowledge, (22)44% of students had average knowledge and the remaining (01)02% had good knowledge. The above findings were supported by the study conducted by Rajeesh Thivari studied the knowledge of CPR in 60 Students. They demonstrated about the CPR using Manikins. After 7 days the knowledge level of the student was assessed and it was improved.

To evaluate the effectiveness of structured teaching programme on knowledge regarding cardio pulmonary resuscitation among degree students in a selected college. The study findings revealed that comparison of overall mean, SD and mean percentage of pre and post test knowledge scores shows that over all pre test mean score was 18.6+_4.14 which

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is 41.33% whereas in post test the mean score was 35.8+-3.5 which is 79.5% revealing the difference of 38.17% shows the effectiveness of STP. The above findings were supported by the study conducted by Susanne, studied about the Cardiopulmonary Resuscitation. Here the sample received the knowledge about CPR. So the researcher concluded that the STP gives better result.

The study findings revealed that association between the level of hemoglobin and their selected demographic variables. It was interpreted that there was significant association found between knowledge scores of degree students regarding Cardiopulmonary Resuscitation with their demographic variables such as Source of information ($P<0.05$). No significant association was found between knowledge scores of degree students regarding Cardiopulmonary Resuscitation with their other demographic variables such as age, sex, father's education, mother's education, residential area, type of family, previous knowledge, group studied in XII($P>0.05$). The stated hypothesis was accepted. John Hope reported that Cardiopulmonary Resuscitation knowledge among degree students was important. There was no significant association between the level of knowledge and their selected demographic variables like age, sex, residential area, type of family and education of parents.

4. Conclusion

The degree students had a good knowledge after structured teaching programme about CPR. The structured teaching programme was effective to improve the level of knowledge.

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