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**EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON  
BASIC LIFE SUPPORT STRATEGIES AMONG THE STUDENTS OF  
VIDHYA SAGAR WOMEN'S TEACHER TRAINING INSTITUTE,  
CHENGALPATTU**

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**ABSTRACT**

*Basic life support is maintenance of the airway, breathing and circulation without any auxiliary equipment. The frequency of sudden cardiac arrest has been increased globally and in India it constitutes about 40-45%. Optimal survival is achieved only when basic life support is started within 0.4 minutes and treating the underlying causes of cardiopulmonary arrest. Cardiopulmonary resuscitation is the current trend in performing basic life support. The immediate application of modern Cardiopulmonary resuscitation is often capable of reversing clinical death and thereby preventing brain death and vegetative survival. Since students are always changing and challenging, they cannot stop learning the new trends. So the investigator decided to impart the basic knowledge for the students to provide right aid at right times for right persons and thus help in saving the lives.*

**Keywords :** Basic life support, cardiopulmonary resuscitation, circulation, suffocation

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**OBJECTIVE:**

- To assess and evaluate the level of knowledge and effectiveness of structured teaching programme on basic life support strategies among the students.
- To associate the level of knowledge with the selected demographic variables among the students.

**MATERIALS AND METHODS**

In this study, Quantitative evaluatory approach and quasi experimental design in which one group pretest and post test design had been used to assess the effectiveness of structured teaching programme on basic life support strategies among the students of VidhyaSagar Women's Teacher Training Institute, Chengalpattu. Hundred samples had been selected by simple random sampling who fulfilled the inclusion criteria. They were given a self administered questionnaire regarding cardio pulmonary resuscitation (CPR- 40 questions) during pretest and structured teaching programme was imparted within a period of six weeks and post test was conducted accordingly.

**DATA ANALYSIS AND INTERPRETATION:**

A descriptive and inferential statistical analysis was made which revealed a mean of 14.79, standard deviation 4.49 in the pretest and mean 29.91 and standard deviation 5.67 in the post test. Thus, it revealed that there was an improvement of knowledge in post test within an improvement score of mean 15.12 and standard deviation 1.18 and paired “t” test value is 27.33 (n=100) which was higher than the table value (p significant at 5%). The study also revealed that there was a significant association between locality and knowledge score gained in the post test.

**CONCLUSION**

On the whole the study confirmed that the teaching programme had been effective in improving the knowledge regarding basic life support strategies among the students which was proved statically.

**IMPLICATIONS IN NURSING:**

- Teaching programme can be planned for the nurses to improve their efficiency and skills in performing cardiopulmonary resuscitation.
- Inservice education can be given for re-imparting the knowledge and updating the same for the nursing personals.
- The study also helps to develop insight into the developing module and set information towards creating awareness regarding basic life support strategies.

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