



“EFFECTIVENESS OF FIRST AID TRAINING ON KNOWLEDGE REGARDING SELECTED FIRST AID MANAGEMENT AMONG SCHOOL TEACHERS”

Gargi Mondal¹

Assistant Professor Community Health Nursing,

T John College of Nursing, Bangalore

ABSTRACT

Most of the time, school children experience minor injuries and they always need first aid care to prevent conditions become worse and school teachers are the nearest ones who can handle minor injuries. Lack of knowledge and skills of teachers may lead to serious health consequences. Acquiring the basic knowledge and skills of first aid can be vital for teachers to be able to provide proper emergency pre-hospital care in the event of an accident to save life and prevent avoidable consequences. **Objective:** To assess level of knowledge regarding selected first aid management among school teachers. To determine the effectiveness of first aid training on knowledge regarding selected first aid management among school teachers. To find out association between the pre-test knowledge scores with their selected socio- demographic variables. **Methodology:** A Quantitative research approach and Quasi experimental one group pre-test post-test design was used. Non probability sampling technique was used to select 60 school teachers from Naveen Raja high school, Dabble high school, LRSS High school, Lucknow. Data were analyzed by using descriptive & inferential statistics. **Results:** In pre-test majority 71.66% had moderate knowledge, 20% had inadequate knowledge and 8.33% had adequate knowledge regarding selected first aid management. In post-test majority of school teachers 81.66% had adequate knowledge, 18.33% had moderate knowledge and none of them had inadequate knowledge regarding selected first aid management. Pre intervention mean knowledge score of study population was 17.96 ± 3.87 . This after intervention was found to be 24.86 ± 2.19 . A change of 6.9 in knowledge mean score was observed which was found to be statistically significant. The calculated “t” value 15.09 at $p < 0.05$ level. **Conclusion:** The study concluded that first aid training regarding selected first aid management among school teachers was effective.

INTRODUCTION

First Aid essentially uses simple techniques involving a basic knowledge, good practice of the principles of life preservation. It does not require sophisticated equipment or a great knowledge of medical matters. It is often as important to know what not to do as it is to know what should be done. First Aid equipment and materials must be simple, and capable of being used by anyone without risk

of exacerbating any injuries or causing the condition of an injured person to deteriorate.¹ Injury is the leading cause of death in children and young adults. According to an article by the Centers for Disease control and Prevention (CDC), approximately two thirds of facilities among children and adolescents (ages 5-19 years) result from injury-related causes.² Children are vulnerable to injuries and accidents, which may vary from minor injuries to severe accidents resulting in bleeding and fractures, thus the first-aid management becomes as important as taking a child to a medical facility. Children spend most of their daytime in schools, and are at greater risk of accidents and injuries due to involvement in sports and other extracurricular activities, and hence require first-aid more often than do adults. Overall, majority of the injuries among children are directly related to outdoor physical activities, of which 20% occurs during school hours. Each year, 20 to 25% of all children sustain an injury and need to seek medical attention or miss the school.³

PROBLEM STATEMENT:

“Effectiveness of first aid training on knowledge regarding selected first aid management among school teachers”.

OBJECTIVES:

1. To assess level of knowledge regarding selected first aid management among school teachers.
2. To determine the effectiveness of first aid training on knowledge regarding selected first aid management among school teachers.
3. To find out association between the pre-test knowledge scores with their selected socio-demographic variables.

MATERIALS AND METHODS

METHODOLOGY:

Research Approach-

In the present study quantitative Research approach was used.

Research Design-

Quasi- experimental (one group pre-test post-test) research design was used for the present study.

SOURCE OF DATA COLLECTION:

Setting:

The present study was conducted in selected school, i.e. **LRSS Inter College, Dabble Public School, Naveen High School, Lucknow.**

Population:

The population for the present study was **School Teachers.**

Target Population-

In this study target population was the School Teachers in Lucknow.

Accessible Population- In this study accessible population was the School Teachers at selected schools of Lucknow.

METHOD OF DATA COLLECTION: Structured knowledge questionnaire was used to collect data.

Sample:

The sample for the present study comprises on the **School teachers of Naveen Raja High school, Dabble High school, L.R.SS High school, Lucknow**, who met the inclusion criteria.

Sample size:

The sample size of this study was consisting of 52 school teachers in selected school, Lucknow.

Sampling Technique:

The sample was selected through “**Non probability convenient sampling technique**”

CRITERIA FOR SELECTION OF THE SAMPLE:

Inclusion Criteria

In this present study inclusion criteria were:-

- Teachers of both gender
- Those who are willing to participate
- Those who are available at the time of data collection
- Teacher's age should be in between 25-55 years.

Exclusion Criteria

In this present study exclusion criteria were:-

- Who underwent first aid training in last one year
- Physically challenged teachers

TOOLS OF DATA COLLECTION:

- Ethical permission taken from the college.
- Consent taken from the sample.
- Structured knowledge questionnaire given to the sample to collect the data.

HYPOTHESIS:

H₁: The mean post-test knowledge score is significantly higher than the mean pre-test knowledge score.

H₂: There is significant association between pre-test knowledge score with there selected socio-demographic variables.

DATA ANALYSIS AND INTERPRETATION:

SECTION-I: Frequency and percentage distribution among school teachers with their selected socio demographic variables.

SECTION-II: Assessing the existing level of knowledge (Pre-intervention) regarding first aid management among school teachers.

SECTION-III: Evaluate the effectiveness of first aid training among school teachers.

SECTION-IV: Association between the pre-test knowledge score with their selected socio demographic variables.

SECTION-I: Frequency and percentage distribution among school teachers with their selected socio demographic variables.

Majority of the school teachers (31) 51.60% were in the age group of 25-35 years, (20) 33.30% were in the age group of 36-45 years and (8) 15% were in the age group of 46-55 years. Majority of the school teachers (44) 73.30% were female, (16) 26.6% were male. Majority of the school teachers completed graduate (36) 60%, (14) 23.3% completed diploma and (10) 16.6% completed post graduate. Majority of school teachers (42) 70% were residents of urban area and (18) 30% were residents of rural area. majority of the school teacher's (24) 40% had <5 years of experiences, (23) 38.3% had 6-10 years of experiences, (7) 11.6% had 11-15 years of experiences, (6) 10% had more than 15 years of experiences. Majority of school teachers had (47) 78.3% previous knowledge regarding first aid management, (13) 21.6% had no previous knowledge regarding first aid management. Majority of the school teachers 28.3% got information regarding first aid management from literature, 20% got information from health personal, 20% got information from mass media and 16.6% got information regarding first aid management from other sources.

Section-II: Assessing the existing level of knowledge (Pre-intervention) regarding first aid management among school teachers.

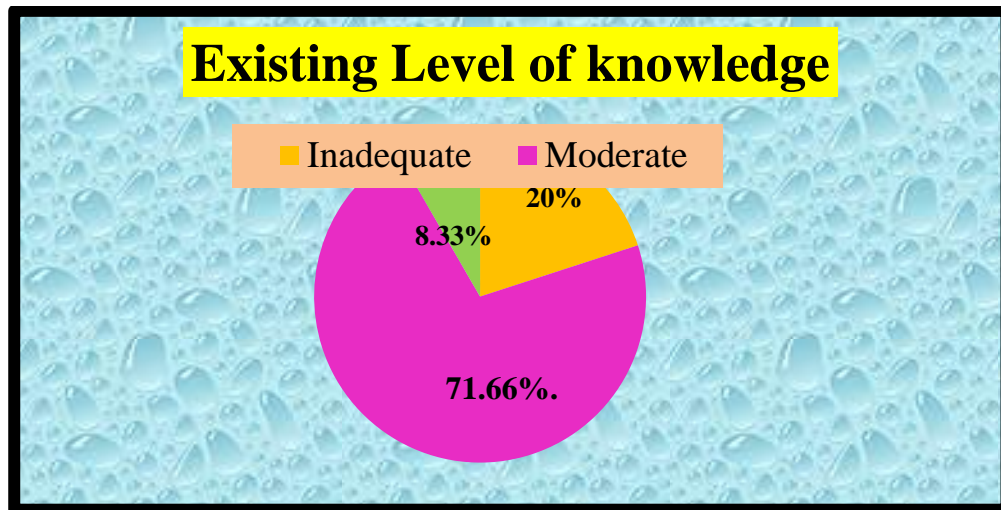
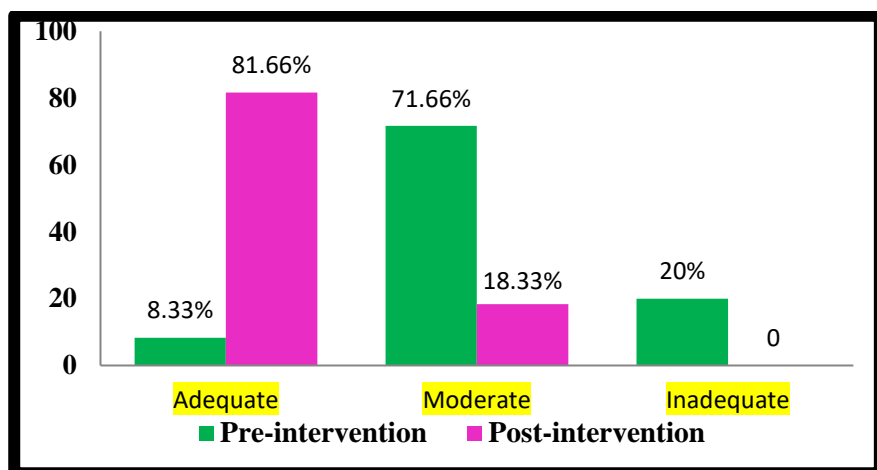


Figure 10: reveals that majority of school teachers had moderate knowledge (43) 71.66%, (12) 20% had inadequate knowledge and (05) 8.33% had moderate knowledge regarding first aid management.

Section-III: Evaluate the effectiveness of first aid training regarding first aid management among school teachers.



The effectiveness of first aid training is that, in pre-test majority 71.66% had moderate knowledge, 20% had inadequate knowledge and 8.33% had adequate knowledge regarding first aid management. In post-test majority of school teachers 81.66% had adequate knowledge, 18.33% had moderate knowledge regarding first aid management. A statistically significant change in mean knowledge score of school teachers was observed after intervention of first aid training programme. Pre intervention mean knowledge score of study population was 17.96 ± 3.87 . This after intervention was found to be 24.86 ± 2.19 . A change of 6.9 in knowledge mean score was observed which was found to be statistically significant. The calculated “t” value 15.09 is more than table value 2.0 at $p < 0.05$ level. So first aid training programme regarding first aid management was effective. So the **H1 is accepted**.

Section IV: Association between the pre-test knowledge scores with their selected socio-demographic variables.

The data shows that the Chi-square test was used to find out the association between pre-test knowledge scores with their selected socio demographic variables. The finding of the chi-square test shows that there was an association between the pre-test knowledge scores with their specific socio demographic variables - age, gender and educational qualification. Here the p-value in each case was less than 0.05 (level of significance). Hence, research hypothesis **H2 was accepted**. The finding of the chi-square test also shows that there was no association between the pre-test knowledge scores with their specific socio demographic variables like: - residence, years of experiences, previous knowledge regarding first aid management and source of information.

SUMMARY:

This study aims to find out the level of knowledge regarding first aid management among school teacher, which help other investigator in future for planning education regarding this. A Quasi-experimental (one group pre-test post-test) research design was adopted and 60 school teachers were selected as samples by using non probability convenient sampling technique that was fulfilling the inclusion and exclusion criteria.

CONCLUSION

First Aid essentially uses simple techniques involving a basic knowledge, good practice of the principles of life preservation. It does not require sophisticated equipment or a great knowledge of medical matters. It is often as important to know what not to do as it is to know what should be done. First Aid equipment and materials must be simple, and capable of being used by anyone without risk of exacerbating any injuries or causing the condition of an injured person to deteriorate. Children are very vulnerable for non fatal injury in schools. So, school teachers should be up to date about first aid

management to alleviate the complication.

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