



TO ASSESS THE EFFECTIVENESS OF AN AWARENESS PROGRAMME ON KNOWLEDGE AND ATTITUDE REGARDING FIRST AID MANAGEMENT OF MINOR AILMENTS AMONG TEACHERS OF SELECTED PRIMARY SCHOOLS: A STUDY PROTOCOL

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ABSTRACT

Background of the study: 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. Many studies identified the deficient first-aid facilities in various schools as well as trained teachers regarding first-aid care. **Objectives:** To assess the effectiveness of an awareness programme on knowledge and attitude regarding first aid management of minor ailments among teachers of selected primary schools. **Methodology:** A Pre-Experimental, one-group pre-test post-test design will be used. 75 primary school teachers will be selected by simple random sampling from selected primary schools. Self-structured knowledge questionnaire and attitude scale will be used for the study. After the pre-test administration, an awareness programme on first aid management of minor ailments will be delivered to the teachers. Post-test will be conducted on 7th day. Content validity of the questionnaire will be carried out by experts of the concerned field. The collected data will be analyzed by using descriptive and inferential statistics. **Expected Results:** There will be significant difference in pre and post-test knowledge and attitude score among teachers. **Conclusion:** This study will contribute to improve knowledge and positive/favourable attitude regarding first aid management of minor ailments among primary school teachers after an awareness programme and prevent fatal and life-threatening events.

KEYWORDS : Awareness, First aid management of minor ailments, primary school teacher, Knowledge, Attitude

INTRODUCTION:

The child is a unique existent, he or she isn't an atomic grown-up, not a little man or woman. The childhood period is vital because of the socialization process by the transmission of station, customs, and behaviour through the influence of family and community. Children are the major consumers of health care. In India, about 35- 40 of the total population is children below 15 times of age. Children always need special care to survive.¹ It also includes well-named words of stimulant, substantiation of amenability to help, and creation of confidence by demonstration of competence. First aid is the provision of original care for an illness or injury.

It's generally performed by non-expert, but trained labour force to a sick or injured person until definite medical treatment can be assessed. First aid makes the difference between life and death, occasionally, more lately, with a child, it's clear that a little knowledge of first aid will go a long way in saving lives. The school is a place where children spend utmost of the time and process of socialization occurs as they are more and adventuresome. Unfortunately, accidents in nursery seminaries, are fairly common. Especially in schools, they are exposed to various types of minor ailments similar as injury (injuries & cuts), epistaxis, canine bite, foreign body inhibition (Nose, observance, eye, throat) and fracture. Minor ailments are major causes of disability and death among children.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.³ 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.⁴ Overall, majority of the injuries among children are directly related to outdoor physical activities, of which 20% occurs during school hours.⁵

A study was conducted by, Yossra K (2019) Baghdad – Regarding training for 100 Bangladeshi primary school

teachers on first aid reported that 77% had poor knowledge, 19% had fair knowledge, and 4% had good knowledge of the subject. He concluded that it would be beneficial if first aid techniques were included in the teacher's training curricula. The teachers' lack of knowledge was attributed to the absence of first aid training in the educational curriculum.⁶ A study conducted by, Ali E. Mansour et al. (2019) - Shows that teachers have an abundant responsibility for teaching and guiding children in their academic and overall growth, previous studies have found that the prevalence of first aid awareness programme among primary teachers is still low. Even though teachers act as the first line of defense in any health emergency.⁷ As per above study findings and investigator's personal experience the need is felt to conduct an awareness programme regarding first aid management of minor ailments to improve teachers' knowledge and enhance their positive attitude.

OBJECTIVES:

1. To assess knowledge and attitude regarding first aid management of minor ailments among teachers of selected primary schools.
2. To assess the effectiveness of an awareness programme on knowledge and attitude regarding first aid management of minor ailments among teachers of selected primary schools.
3. To identify the correlation between knowledge and attitude regarding first aid management of minor ailments.
4. To find the association of the study findings with selected demographic variables.

HYPOTHESIS:

H₀– There is no significant difference between the pre-test and post-test scores of knowledge and attitude regarding first aid management of minor ailments among teachers of selected primary schools.

H₁- There is significant difference between the pre-test and post-test scores of knowledge and attitude regarding first aid management of minor ailments among teachers of selected primary schools.

MATERIALS AND METHODS:**Study Design:**

Pre-experimental, one-group pre-test post-test research design.

Study Setting:

The study will be conducted in selected primary schools of Nagpur District, Maharashtra, India

Participants: Primary school teachers.

Sample size calculation:

Formula Used: Cochran formula for sample size estimation.

$$N = \frac{Z^2 P(1-P)}{d^2}$$

Where,

n – Sample size

Z = Level of significance 1.96

P = Proportion of primary school children had good knowledge = 25% = 0.25

d = Desired error of margin = 10% = 0.10

(Rajendra Kumar Sharma, year 2019)⁸ Putting these values in the formula, the required sample size is 75.

$$n = \frac{1.96^2 * 0.25 * (1-0.25)}{0.10^2}$$

$$= 72.03$$

= 75 Primary school teachers needed in the study.

Sampling Procedure: Simple Random sampling.

Inclusion Criteria:

Primary school teachers who will give informed written consent to participate in study.

Exclusion Criteria:

Teachers who have already undergone an awareness programme related to first aid management of selected minor ailments.

VARIABLES:

Independent variable: Awareness Programme.

Dependent Variable: Knowledge and Attitude.

INTERVENTIONS:**Data Collection Tools**

- 1) Demographic variable sheet
- 2) Self-structured knowledge questionnaire
- 3) 5-point Likert attitude scale

Knowledge Assessment:

The Primary school teachers' knowledge will be assessed by pre and post-test using self-structured multiple-choice questions. The validity and reliability of the tool will be assessed by appropriate statistical measures. Validity over the questionnaire will be established for build-up through both the construct and content manner to seek for the results that have been intended purposely for the inferences and conclusion to measure. Total 30 questionnaire will be there with minimum score 0 and maximum score will be 30. In knowledge questionnaire every right response will get score 1 and every wrong response will get score 0. Knowledge assessment will consider poor if the score is < 20%, average if it is 21-40 %, good if it is 41-60 %, very good if it is 61-80 % and excellent 81-100 %.

Attitude Assessment:

The Primary school teachers' attitude will be assessed by using the 5-point Likert attitude scale. The self-structured 5 points Likert scale will have total 12 questions and maximum

score of each item will be 5 and minimum score of each item will be 1. Score 5 and less than 5 will be considered as negative attitude and score 7 and more than 7 will be considered as positive attitude.

Description Of Intervention:

An awareness programme on knowledge and attitude regarding first aid management of minor ailments among teachers will be an essential intervention aimed at empowering educators with vital first aid skills. Teachers with first aid training will be better prepared to respond to medical emergencies, reducing the risk of serious harm to students. The program will boost teacher confidence in handling emergency situations, promoting a safer learning environment. Teachers will gain lifelong skills that extend beyond the classroom, enabling them to respond to emergencies in various settings. The program awareness campaigns will extend to the broader community, encouraging first aid knowledge and practice at home.

An awareness programme will cover the following key topics:

1. Introduction and historical background of first aid.
2. Basic principles of first aid.
3. Golden rules of first aid.
4. First aid management of minor ailments. (Epitaxies, Dog bite, wound and types, foreign particle from eye, ear, nose and throat).

The intervention will consist of interactive lectures, discussions, and teachers are also provided with informational materials like pamphlets, posters, and quick-reference guides. These materials will serve as reminders of the learned concepts and will be placed strategically within the school premises. By communicating a comprehensive intervention designed to empower educators with the skills and knowledge needed to provide immediate assistance during medical emergencies in the school setting. This program will not only enhance student safety but also will contribute to the overall well-being of the school community.

Study Procedure And Data Collection:

The study shall be conducted only after the approval of the IEC. Permission to conduct the study shall be taken from relevant stakeholders. Primary school teachers who fulfil inclusion criteria shall be assigned to the study. Written informed consent shall be taken from the participants. Each participant will receive a code number and self-structured questionnaires. A self-structured questionnaire will be used to obtain information on the socio-demographics of participants. Thereafter, baseline knowledge and attitude will be assessed. Ensuring proper spacing of participants in research studies is a common practice to minimize the potential for copying or sharing information during data collection. This approach helps maintain the integrity and validity of the study results. Thereafter, an awareness programme related to first aid management of selected minor ailments will be administered for the participants on the same day. After seven days post-test for knowledge assessment and attitude evaluation will be conducted.

Statistical Analysis:

All the results will be calculated using SPSS version 26. Overall results for the outcome variables will be listed in tables for both descriptive (Mean, mean percentage, Standard deviation), and inferential statistics i.e., Paired t-test will be used to find the significance difference between two groups (before & after), Association results will be analyzed using chi-square analysis.

RESULT:

There will be significant difference between pre-test and post-test knowledge and attitude score after an awareness programme among primary teachers. There will be a positive

or negative correlation between knowledge and attitude related to first aid management of selected minor ailments and demographic variables.

DISCUSSION:

Present study findings will be supported by a study conducted by Elwardany Aly and Khalaf in 2017 in Kashipur, Udham Singh Nagar District Assiut City, aimed to assess the impact of a training program on the knowledge and practices of first aid among preparatory school teachers. The study found a statistically significant improvement ($p \leq 0.01$) in the mean score of total knowledge of the study sample regarding first aid after the implementation of the program and during the follow-up period, compared to before the program was implemented. Findings of the study align with a previous study conducted in 2017, which reported that the majority of teachers had poor knowledge about first aid before the educational program was applied. Study concluded that the knowledge and practice of primary school teachers regarding first aid improved significantly after the implementation of the program and during the follow-up period, compared to before the program was implemented.⁹

CONCLUSION:

The conclusion will be drawn from the statistical analysis. The findings of this study will help to improve knowledge and enhance positive attitude regarding first aid management of minor ailments among teachers of selected primary schools. Training sessions for teachers regarding first aid management of minor ailments should make mandatory in every school to detect any ailments and its first aid management to avoid further consequences and complications.

Consent And Ethical Approval:

The Institutional Ethics Committee of Government Medical College, Nagpur approved the present study. (GMC/IEC/2022-23/1658 dated 05.08.22). Permission will be obtained from relevant stakeholders to conduct the study. All participants of this study will be asked to read and sign the written informed consent form. Confidentiality will be maintained throughout the study. The results of the study will be disseminated to the participants after completion of the study and will publish in a peer-reviewed journal.

Conflict Of Interest:

Authors declare no conflicts of interest.

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