



A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE AND PRACTICE REGARDING BASIC LIFE SUPPORT AMONG THIRD SEMESTER BSC NURSING STUDENTS OF NIMS COLLEGE OF NURSING, NEYYATTINKARA

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ABSTRACT

Basic Life Support (BLS) include psychomotor skill for performing high quality CPR using an Automated External Defibrillator (AED) and relieving obstructed airway for patients of all ages. Nursing students are the main targeted group that is selected for the study. Because Nurses are the integral part of the health care system and are perceived to be knowledgeable in providing institutional care to the patients. Nursing students must acquire specialized skills in CPR techniques. "A study to assess the effectiveness of structured teaching programme on knowledge and practice regarding Basic Life Support (BLS) among third semester BSc Nursing students of NIMS college of nursing, Neyyattinkara". Objectives are to assess the knowledge and practice regarding Basic Life Support before structured teaching programme, to assess the level of knowledge and practice regarding Basic Life Support after structured teaching programme and to find the association between the pre test score on level of knowledge regarding Basic Life Support among third semester BSc nursing students with the selected demographic variable. Pre experimental one group pretest post test design was adopted. 60 samples are included in the study who meets the inclusive criteria, this is a descriptive design and analysis were done by using inferential statistics. The findings clearly shows that no student had inadequate knowledge and practice, 80% have adequate knowledge and 73% have adequate practice, 20% have moderately adequate knowledge and 27% have moderately adequate practice regarding Basic Life Support. It depicts that the mean pre-test knowledge was 9.33 ± 2.27 and the mean post-test knowledge was 15.68 ± 2.29 and paired 't' test shows that the table value is less than calculated value. So the knowledge score after structured teaching program was statistically significant $p < 0.05$ and there is an improvement in the post test score of Basic Life Support among third semester BSc Nursing students

KEYWORDS : Assess, Basic Life Support

INTRODUCTION

The heart is the main organ of the cardiovascular system and it transports nutrients, oxygen, hormones, etc to the tissues and remove the products of tissue metabolism. It also help in homeostasis by regulating body fluid balance, body temperature. 1

Cardiovascular system consist of the heart that pumps blood into the circulation and a vast network of blood vessel that carries blood to all parts of the body. Heart is small muscular organ which is about the size of clenched fist. It also work with other body system to control heart rate and blood pressure. 1

Cardiac arrest are the most common emergencies with grave consequences but high mortality associated with them can be easily prevented most of times by some very simple maneuver and skills. Cardiac or respiratory arrest are a very common emergency not just in the adult but also in neonatal period. These emergencies can be managed by knowledge and practice of resuscitation skills.

MATERIALS AND METHODS

The methodology of research indicates the general pattern of organizing the procedure for gathering valid and reliable data for the problem under investigation.

This chapter include description of research approach, research design, setting of the study, variable, sample, sample size, sampling technique and criteria for sample selection, description, plan for data analysis and interpretation of the data. The research approach is the most essential part of any research, the entire study was based on it. The research approach used for the present study was quantitative evaluative approach.

Research design is the plan, structure and strategy of investigation conceived so as to obtain answers to research questions and to control variance

RESULTS

Majority of samples 50% (30) of them were between 18 to 19 years of age, 45%(27) of them were between 20 to 21, 3% (2) of

them were between 22 to 23 and 2% (1) of them were between 24 to 25. Majority of samples 88% (53) were females and 12% (7) were males. Majority of samples 32% (19) belongs to urban area and 68% (41) belongs to rural area. Majority of samples 18% (11) belongs to joint family and 82% (49) belongs to nuclear family. Majority of samples 23% (14) belongs to mass media, 72% (43) belongs to school and 5% (3) belongs to others.

DISCUSSION

A total of 60 students from third semester BSc Nursing students of NIMS college of nursing, Neyyattinkara were selected for the study using convenient random sampling. The study was conducted using structured self-administered questionnaire.

The first objectives was to assess the knowledge and practice regarding Basic Life Support before structured teaching programme. Study result revealed that 3% have adequate knowledge, 92% have moderately adequate knowledge and 5% have inadequate knowledge.

The present study findings are supported by the findings of Nisha Joshi (2020) who conducted a study on 50 BSc Nursing students and was found that out of 50 students 60% have inadequate knowledge, 40% have moderately adequate knowledge and no one had adequate knowledge. Pre-test skill scores estimated that no one had competent skills.

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