



## SIGNIFICANCE OF FIRST AID TRAINING PROGRAMME FOR THE SCHOOL GOING CHILDREN

### Nursing

**Ananthabhadmanaban. B** Ph.D Research Scholar, Meenakshi Academy For Higher Education And Research Centre.

**Dr. S. Rajina Rani** Ph.D Research Guide, Meenakshi Academy For Higher Education And Research Centre.

**Dr. B. Ashok\*** Statistician Cum Asst. professor, Department of Community Medicine, Melmaruvathur Adhiparasakthi institute of Medical sciences and Research Melmaruvathur \*Corresponding Author

### ABSTRACT

First aid training not only provides with knowledge and skill to give life support and other emergency care but also helps to develop safety awareness and habits that promote safety at home at work, during recreation, and on the streets and highways. In the promotion of safety awareness, it is important to closely relate three terms: cause, effect, and prevention. Statistics showed that accidents are the leading cause of death among persons from one year to 38 years old population; thereafter, accidents are one of the leading causes of death. The objectives of the study have been focused on to assess the knowledge and association between Knowledge and selected demographic variables on selected first-aid measures among school children at Khammam.

**Methods:** One group pre and posttest research design was used to achieve the objectives. The study has conducted in government higher secondary school and 50 students studying 7th standard in the age group of 10 years to 12 years were selected by Simple random sampling technique method. Structured interview schedule was used to collect the data

**Result:** On the pretest among 50 school children 18 (36%) had moderately adequate knowledge, 32 (64%) school children had inadequate knowledge. In the posttest 41 (82%) had adequate knowledge, nine (18%) school children had moderately adequate knowledge and none of them had inadequate knowledge. There is an association between knowledge and area of residence and type of family.

### KEYWORDS

First Aid, Knowledge and School Children.

### INTRODUCTION

According to the United Nations Convention on the Rights of the Child, article 1, specifies that children include all those below the age of 18 years [23]. In India, they constitute 41.1 % of our population [4]. An injury is defined as "body damage due to sudden transfer of energy (physical, mechanical, chemical, thermal or radiant) resulting from an interaction of agent, host and environment and beyond the physical tolerance of an individual" [25]. Injuries are classified unintentional and intentional based on intent. Unintentional injuries include Road Traffic Injuries (RTIs), falls, burns, poisoning, drowning, occupational injuries, sports injuries, fall of objects and injuries in disaster situations, while intentional ones include suicide, assault, child maltreatment and homicides [1]. Injuries among children are seen at home, on road, in school and even at some work places (with child labor being common in India). As children grow from infancy to adulthood, they are exposed to number of energy producing products and environments that result in injuries; injuries can be the major threats for safety and survival of children. Life-threatening emergencies can happen in any school at any time to them [2].

The epidemiological and socio- demographic transition along with environmental and behavioral changes due to globalization, motorisation, urbanisation, migration and media impact have resulted in the emergence of injuries as a leading public health problem[9].

According to the International Federation of Red Cross and Red Crescent Societies, first aid measures can be life-saving at work, school, home and in community setting[10].

Although first aid is a temporary treatment, it still plays a great role in preventing the situation from getting serious or worse [12]. Well-trained first aiders apply the right methods to keep the situation under control [11]. They put every effort to help victim cope with the illness or pain until professional help arrives. People equipped with first aid skills can handle emergencies in an efficient manner. Their quick response and right methods of treatment can help save lives. A trained person is more composed and confident in critical situations. He/she knows the best possible ways to help the victims regain their consciousness [13]. People who get first aid training to learn the treatment methods are likely to feel secure. They are aware of the fact that they can treat themselves easily in case of an accident, occurs. Moreover, they are also trusted by their friends or loved ones. Having a

well-trained first aider around help them relax and stay calm in the event of an emergency.

"By teaching these skills in schools we would have one million qualified First Aiders in a generation, which would reduce unnecessary visits to hospitals and save countless lives."

### MATERIALS AND METHOD

Pre-experimental with one group pre-test, post-test research design was used for the study. 50 students of the VII standard students in the age group of 10 years to 12 years were selected by simple random sampling from Government higher secondary school, Khammam at Khammam district, Telangana state.

### Statistical analysis.

Data were entered and analyzed by using the IBM Statistical Package of social science program (SPSS) version 20. Descriptive and inferential statistics were used to given a mean score of knowledge and also to test the difference between pre and post test by using paired t-test and chi square test to determine if there is any association between the knowledge of first aid and selected socio- demographic variables.

### RESULTS

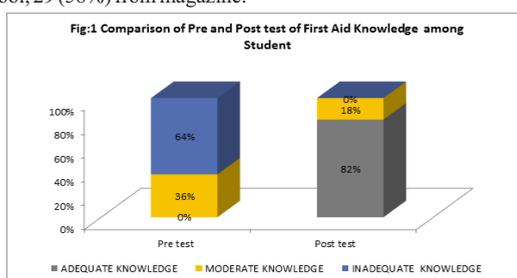
**Socio demographic variables:** A total of 50 students were selected and welcomed to fill out the self-administered questionnaire. Table 1 gives information of the respondents including socio demographic variables.

**Table:1**

S.NO	Demographic Variables	Number	Percentage
Age in years	10 years	1	2
	11years	3	6
	12years	46	92
Gender	Male	19	38
	Female	31	62
Occupation of the father	Salaried employee	9	18
	Business	8	16
	Agriculture	33	66

Type of family	Nuclear family	37	74
	Joint family	13	26
Area of residence	Rural	48	96
	Urban	2	4
Past experience regarding knowledge of first aid	Yes	44	88
	No	6	12
Exposure to knowledge regarding first aid from	Television or radio	11	22
	School	10	20
	Magazine	29	58

**Table 1** depicts the frequency and percentage distribution of the demographic variables of school children. Out of 50 children, one (2%) was aged 10 years, 46 (92%) were in 12 years. With regard to the sex of the children 19(38%) were male, 31 (62%) were female. Occupation of the father reveals that eight (16%) were business, 33 (66%) were in agriculture. Concerning with the type of family, 37(74%) were from nuclear family, 13 (26%) were from joint family. Regarding area at residence, 48 (96%) were rural, two (4%) were in urban. Regarding past experience regarding knowledge of first aid, 44 (88%) had past experience, six (12%) were not having past experience. Regarding exposure to knowledge regarding first aid, ten (20%) from school, 29 (58%) from magazine.



**TABLE – 2 : Comparison Between Mean And Standard Deviation Of Pre Test And Post Test Regarding Effectiveness Of Video Teaching Programme On Selected First Aid Measures Among School Children**

N=50

S.NO	Level Of Knowledge	Mean	Standard Deviation	Confidence Interval	t value
1	PRE TEST	13.44	4.53	12.18 – 14.69	19.96**
2.	POST TEST	23.82	1.43	23.42 – 24.21	

\*\*p<0.001

**Table 2** shows that the overall mean of knowledge regarding selected first aid measures among school children was 13.44 with the confidence interval between 12.18-14.69 and standard of 4.53 in pretest and the overall mean of knowledge regarding first aid in posttest was 23.82 with the confidence interval between 23.42-24.21 and standard deviation of 1.43. The t value was 19.96 which were statistically highly significant. It implies that the video teaching programme was effective and showed improvement in knowledge level of school children about first aid.

**CONCLUSION**

Children spend their most of the days in schools along with their peers and teachers. They are at larger risk of injuries and emergencies due to the transition period from infant to adolescents and higher level of involvement in sports and extracurricular activities. In this study an attempt was made to explore the knowledge of students in first aid and what actually they practice at the incident requiring first aid.

On the pretest, among 50 school children 18 (36%) had moderately adequate knowledge, 32 (64%) school children had inadequate knowledge. In the posttest 41 (82%) had adequate knowledge, nine (18%) school children had moderately adequate knowledge and none of them had inadequate knowledge. Even though the students had previous exposure to first aid knowledge they lack in sufficient knowledge. The students belong to nuclear family and rural area washing lesser knowledge than the joint and urban area respectively.

**DISCUSSION**

First Aid training should be given to all school students, parents and teachers, especially to rural students and the students from nuclear family and should be trained regularly. It is impracticable to appoint

First Aid Trained persons in all schools throughout India. But rapid administration of first aid may minimize morbidity and mortality from injuries, students should be proficient in basic first aid skill to overcome this problem

**REFERENCES**

1. Ajay Singh. (1994), "First aid and emergency care", 4th edition, N.R brothers.
2. Alan glasper. (2006), "A text book of children and young people nursing", new edition, Churchill living stone.
3. Bailliere's. (2002), "Hand book of first aid", 1st edition, bailers Tindal .
4. Carol Taylor. (2006), "Fundamentals of nursing", 1st edition, welters health pvt. Ltd. censusindia.gov.in/Census\_And\_You/age structure and marital status
5. Dorothy .R. Marlow, (2001), "Text book of pediatric nursing", 1st edition, W.B Saunders company.
6. Dutta A.K. (2007), "Advances in pediatrics", 1st edition, Jaypee brothers, Newdelhi.
7. Dorothy. R. et al.,(1998), "Text book of pediatric nursing", 6th edition, Saunders company, Philadelphia.
8. Eugenia. (1985), "Nursing care of children", 10th edition, J.B Lippincott Company, Philadelphia.
9. Fawcett Jacqueline. (1995), "Analysis and Evaluation of conceptual models of nursing", 3rd edition, F.A Davis company.
10. Indrani T. k. (2003), "First aid for nurses", 1st edition, jaypee brothers , Newdelhi.
11. Julia. (1999), "Nursing theories, the base for professional" 7th edition Jaypee brothers Newdelhi.
12. Kusumsamant. (2000), "First aid manual accident and emergency", 1st edition, vora medical publications, Mumbai.
13. McQuillan. (2002), "Trauma Nursing", 3rd edition, W.B Saunders company.
14. Nelson .W.F. (1996), "Text book of pediatrics", 15th edition, W.b Saunders company, Bangalore.
15. O .P Ghai. (2007), "Essential pediatrics", 7th edition, cbs publication, Newdelhi.
16. Parthasarathy. (2006), "IAP Text book of pediatrics", 3rd edition, Jaypee brothers, Newdelhi.
17. Potts Barbara. (2002), "Pediatric nursing caring for children and their families", 1st edition, Delmar Thomson leasing.
18. Polit. F. hungler. (1999), Essential of nursing research, 16th edition, New york, Lippincott publisher.
19. Royal college of nursing , " Pediatrics and child health medicines for children ", 2nd edition, B I publications
20. Sunder rao and Richard j. "An introduction to biostatistics", 3rd edition , Newdelhi ,prentice hall of India
21. Susan. J. Kelly. (1994), "Pediatric emergency nursing", 2nd edition , U.S.A Appleton and lange.
22. United Nations. Convention on the Rights of the Child, article 1, United Nations, 1989 [http://www.unesco.org/education/pdf/ CHILD\\_E.PDF](http://www.unesco.org/education/pdf/CHILD_E.PDF), accessed on 31st September 2011.
23. Visvanathan. J. achars, (2000), "Text book of pediatrics", orient Longman Ltd, Chennai.
24. World Health Organization. Injury: A leading cause of Global burden of disease. In Krug E, ed. Geneva: Switzerland; 1999.
25. World health report 2003, "Shaping the future", published by WHO.
26. Wong's. (2005), "Essentials of pediatric nursing", 7th edition, Elsevier publishers Missouri.