A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING CARDIOPULMONARY RESUSCITATION IN INFANT AMONG THE GENERAL NURSING AND MIDWIFERY 3RD YEAR STUDENTS IN NATIONAL INSTITUTE OF NURSING SANGRUR IN PUNJAB.

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ABSTRACT

Cardiopulmonary Resuscitation (CPR) is a life-saving technique that combines chest compressions and rescue breaths (mouth-to-mouth resuscitation). Along with hands-on CPR training, this information can help save your baby’s life. This study deals with research quantitative approach under pre-experimental one group pre-test post-test design in the study. In population involved G.N.M 3rd year students who meet eligibility criteria. The study of 40 samples. The tool was based on demographic data, Structured Knowledge Questionnaire based cardiopulmonary resuscitation. In this knowledge regarding CPR was assessed. We found in socio-demographic variables highest frequency is of age (17-22 years) is 90%. Religion is Sikh i.e. 80%. Family monthly income is 5001-10,000/- i.e. 60%, source of information is books i.e. 67.5%. Pre-test knowledge is inadequate in 15%, moderate in 80%, adequate in 5%. Post test knowledge level is inadequate in 0%, moderate in 0%, adequate in 100%. Pre-test mean of knowledge is 12.9 Post-test mean of knowledge 15.2 and ‘t’ calculated value is 9.9 and results are significant at 5% level. There is no any association between pre-test knowledge with selected socio demographic variables among research subject. This study conclusion was derived based on the study findings are that the Structured Teaching Programme was effective to increase the knowledge regarding cardio pulmonary resuscitation among GNM 3rd year students.

Keywords: Cardiopulmonary resuscitation, infant, midwifery.

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INTRODUCTION
Cardiopulmonary Resuscitation (CPR) is the basic life support procedure in infant cardio arrest is mostly the terminal event of progressive shock or respiratory failure; primary cardiac arrest is less common in infant and children than adults. But may occur occasionally in conditions like sudden infant death syndrome, drowning, trauma and sepsis so, we are providing CPR to the infant to save their life from threatening.
The principle of CPR is to provide oxygen by helping breathing and metabolism with artificial respiration and to help blood circulation by giving pressure to a ventricle with chest compression. The purpose of CPR is to minimize the damage of tissue and maximize its function by providing oxygen and blood to essential organs such as brain, heart, etc during cardiopulmonary arrest.
There are many things that cause an infant heartbeat and breathing to stop. Some reasons you may need to do CPR on an infant include choking, drowning, electrical shock, excessive bleeding, head trauma or serious injuries, lungs disease, poisoning, suffocation. CPR should be done if the infant has the following symptoms are- no breathing, no pulse, unconsciousness.
CPR steps are based on instructions from the American heart association. Check for alertness, shake or tap the infant gently, see if infant moves or make noise shout, “Are you ok”? “Carefully place infant on their back, if there is a chance the infant has spinal injuries.
A: Side-by-side thumb placement for chest compressions is preferred for neonates and small infants whose chest can be encircled. Thumbs should overlap if used in very small neonates.
B: Two fingers are used for infants. Fingers should be maintained in the upright position during compression. For neonates, this technique results in too low a position, ie, at or below the xiphoid; the correct position is just below the nipple line.
C: Hand position for chest compression for a child. Give 30 chest compressions each time let the chest rise completely. These compressions should be fast and hard with no pausing count to 30 compressions quickly. After about 2 minutes of CPR if the infant still doesn’t have normal breathing, coughing or any movement, leave the infant if you are alone and call 911. Repeat rescue breathing and chest compressions until the infant recovers or help arrives.
NEED FOR THE STUDY
Despite the use of CPR, mortality rates for out-of-hospital cardiac arrest are about 90% for infants and children. Mortality rates for in-hospital cardiac arrest for infants and children are about 65%. The mortality rate is 20 to 25% for respiratory arrest alone. Neurologic outcome is often severely compromised. About 50 to 65% of children requiring cardiopulmonary resuscitation (CPR) are < 1 year; of these, most are < 6 months. About 6% of neonates require resuscitation at delivery; the incidence increases significantly if birth weight is < 1500 g.
Approximately 90 percent of people, who suffer out-of-hospital cardiac arrests die.CPR, especially if performed immediately, can double or triple a cardiac arrest victim’s chance of survival. Only 46 percent of out-of-hospital cardiac arrest victims receive the immediate help they need before professional help arrives.
Accidental injuries, including choking and drowning, are the leading cause of death in children and send over taken 16 million kids per year to the emergency room. More than 90% of deaths from foreign object occur in children, younger, than old, 65% of them are infant(AHA) liquids are the most common cause of choking in infants, where as balloons small objects and hard food are in children (AHA).
More than 7,000 children suffer an out-of-hospital cardiac arrest annually. While the reported number of infant out-of-hospital cardiac arrests varies widely, survival to hospital discharge averages 6.2 percent for children less than one year old who experience an out-of-hospital cardiac arrest.
In the event of a cardiac arrest, survival depends on immediately receiving CPR from someone nearby. Parents and caregivers are among the most important people to be trained in infant CPR and choking relief, which can make a life or death difference for infants who suffer cardiac arrest or whose airways become blocked by food or objects. This reason is need to save infant this study plan to enhance knowledge regarding cardio pulmonary resuscitation in infant among the 3rd year general nursing midwifery students in national institute of nursing sangrur (district) Punjab.
RESEARCH PROBLEM
“A study to assess the effectiveness of structured teaching programme on knowledge regarding Cardiopulmonary Resuscitation (CPR) in infant among the 3rd year general nursing midwifery students in National Institute of Nursing Sangrur (district) Punjab.
OBJECTIVES OF STUDY
1. To assess the pre test knowledge regarding infant cardio pulmonary resuscitation among 3rd year general nursing and midwifery students.
2. To plan and administered structured teaching programme on infant Cardiopulmonary Resuscitation (CPR) among 3rd year G.N.M students.
3. To assess the post test knowledge regarding infant cardio pulmonary resuscitation among 3rd year general nursing and midwifery students.
4. To find out association between knowledge regarding infant Cardiopulmonary Resuscitation (CPR) and selected socio demographic variables among 3rd year general nursing and midwifery students.

HYPOTHESIS
H1- There is significant difference between pre test and post test knowledge regarding infant Cardiopulmonary Resuscitation (CPR).
H2- There is significant association between knowledge of infant Cardiopulmonary Resuscitation (CPR) with selected demographic variables.

METHODOLOGY
RESEARCH APPROACH
In this Study quantitative approach was used this study.

RESEARCH DESIGN
This study pre-experimental one group pre-post test design is used.

POPULATION
The target population includes for study the student of G.N.M 3RD year in National Institute of Nursing Sangrur (district) Punjab.

VARIABLES UNDER STUDY
INDEPENDENT VARIABLES- Independent variables are structured teaching programme regarding infant Cardiopulmonary Resuscitation (CPR).
DEPENDENT VARIABLES- In this study the dependent variable is knowledge regarding infant Cardiopulmonary Resuscitation (CPR).

SAMPLE SIZE
Sample size is 40 of GNM 3rd year students in National Institute of Nursing Patiala road, khurana, district Sangrur.

SITE
The site for the study conducted in National Institute of Nursing Sangrur district, Punjab.

SETTING
The setting of the study was in GNM 3rd year classroom and fundamental lab in National Institute of Nursing Sangrur district Punjab.

DATA COLLECTION METHOD
The data collection method used was self-report method.

DESCRIPTION OF TOOLS
The tool consists of two sections-

SECTION: 1
Demographic data- it includes items of obtaining information regarding age, gender, religion, family income status and source of knowledge.

SECTION: 2
30 Structured Knowledge Questionnaire regarding infant Cardiopulmonary Resuscitation (CPR).

RESULT AND INTERPRETATION
The most of the samples (90%) are between the age group of 17-22 years, 67.5% are of English medium, majority of them (80%) are from Sikh religion, most of sample family income is between Rs 5,001-10,001/ month (60%). Majority of them gain the knowledge from books (67.5%). In pre test Knowledge 15% of GNM 3rd year students having inadequate knowledge. 80% of GNM 3rd year students having moderate knowledge. 5% of GNM 3rd year students having adequate knowledge. In post test Knowledge 0% of GNM 3rd year students having inadequate
knowledge. 0% of GNM 3rd year students having moderate knowledge. 100% of GNM 3rd year students having adequate knowledge.

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<th>Components</th>
<th>Observation</th>
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<th>Mean difference</th>
<th>SD</th>
<th>“t” value</th>
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<td>15.2</td>
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CONCLUSION
Structured teaching programme was effective to increase the knowledge regarding infant CPR among G.N.M 3rd year students in National Institute of Nursing. As per study findings the level of knowledge was adequate only 5% in the pre test were as during post test the level of knowledge of study subjective adequate 100% and none of them was inadequate level of knowledge. There was a significant difference in the mean score between pre test and post test in relation to knowledge of infant CPR among G.N.M 3rd year students. There is a no significant association between the knowledge regarding infant CPR for G.N.M 3rd year students with their demographic variables age, medium, family income, religion and source of knowledge.

RECOMMENDATIONS
Based on the findings of study on the following recommendations were made-
- The study can be replicated using a large sample to validate the finding on the generalization.
- Mass communication should be provided to educate the students on Cardiopulmonary Resuscitation (CPR) procedure.
- If the procedure should done on human being rather than a dummy the procedure more effective or student gain more knowledge regarding CPR technique or procedure.
- Similar study can be done in another area.
- Comparative study can be done between urban and rural areas.
REFERENCES:


