AN EVALUATIVE STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE REGARDING BASIC LIFE SUPPORT AMONG STUDENTS IN SELECTED SCHOOL OF AMRITSAR PUNJAB.

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ABSTRACT

Basic life support is an emergency medical procedure for a victim with cardiac arrest or some emergency circumstances because of respiratory arrest. Cardio pulmonary resuscitation may be performed in clinical setup or in the periphery by common man or by emergency trained healer personnel. The main purpose of cardiopulmonary resuscitation is to maintain a flow of oxygenated blood to the brain and heart, there by delaying tissue death without permanent brain damage. Video assisted teaching provides a big avenue for research on innovative methods of creating awareness among the students on Basic life support. An evaluative study was conducted on 100 students in selected school of Amritsar. Total enumerative sampling technique was used to collect data by using self structured questionnaire tool. The data was analyzed by using descriptive and inferential statistics. Finding of the study showed that the post test mean knowledge value (25.51) was higher than pre-test mean knowledge value (12.04).

Keywords: *Basic life support, video assisted teaching, cardiovascular diseases.*

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INTRODUCTION

Health is considered as one of the most important accent in life. The true fulfillment of life begins with good health. Health is viewed as the continuum on which optimal wellness at one and illness at the other end. Health in the broad sense of the world does not merely means the absence of disease or provision of diagnostic, curative and preventive services. Health is an integral part of development. Health is central concept of quality life. A broader concept of health has been emerging by improving the quality of life. This at once brings to focus that positive health depends not only on medical action, but on all the other economic, cultural and social factors operating in the community.[1]

Cardiovascular diseases comprise of a group of diseases of the heart and the vascular system. It is estimated that there were approximately 29.8 million patients with cardiovascular disease in India during the year 2003. An estimated 1.5 million people die of cardiovascular diseases every year. Cardiopulmonary resuscitation (CPR) is a critical component of basic life support, and that is established as first line before advanced life support. Cardiopulmonary resuscitation is a potential life saver because it is associated with survival and has the potential to prevent sudden death. All health care providers who are in contact with the patients should have regular resuscitation training as recommended by the American Heart Association (AHA) resuscitation guidelines. Many research studies showed that the victim's chances of survival depends on the quality of cardiopulmonary resuscitation which means it has direct impact on survival of the victim. Cardiopulmonary resuscitation is required for those patients with reasonable chance of restoring and prolonging life.[2]

Cardiopulmonary resuscitation provides blood flow to vital organs until effective circulation can be re-established. The ABCDs of basic cardiopulmonary resuscitation are airway, breathing, circulation and defibrillation. Steps of resuscitation: 1) Airway: maintaining an open airway. 2) Breathing: providing artificial ventilation by rescue breathing. 3) Circulation: promoting artificial circulation by external cardiac compression; administer medication therapy. 4) Defibrillation with standard defibrillator or automatic external defibrillator for ventricular tachycardia and ventricular fibrillation.[3]

Basic life support is an emergency medical procedure for a victim with cardiac arrest or some emergency circumstances because of respiratory arrest. Cardio pulmonary resuscitation may be performed in clinical setup or in the periphery by common man or by emergency trained health personnel. The main purpose of cardiopulmonary resuscitation is to maintain a flow of oxygenated blood to the brain and heart, there by delaying tissue death without permanent brain damage.[4]

NEED OF THE STUDY

According to WHO cardiovascular diseases are the number 1 cause of death globally. 17.9 million people die each year from cardiovascular diseases, an estimated 31% of all deaths worldwide. 75% of cardiovascular deaths occur in low and middle-income countries. 85% of all cardiovascular diseases deaths are due to heart attacks and stroke. In India overall, cardiovascular diseases contributed 28·1% of the total deaths and 14·1% of the total death in India in 2016 compared with 15·2% and 6·9% respectively in 1990. As per WHO statistics mortality due to cardiac arrest was approximately 4,280 out of every one lakh people in India alone. Cardiovascular diseases became the leading cause of mortality in India. This epidemiological transition is largely because of the increase in the prevalence of cardiovascular diseases in India. In 2016 1 in 4 deaths in India were because of ischemic heart disease and stroke .[5]

Hence, being trained to perform cardiopulmonary resuscitation can make the difference between life and death for a victim. The researcher found video assisted teaching provides a big avenue for research on innovative methods of creating awareness among the students on Basic life support. It helps in bringing out the positive changes in the knowledge of students on Basic life support and improves them to deal with the life threatening situation. More people know that with basic life support, more lives could be saved. Hence, the researcher felt the need to conduct a basic life support programme for students to equip them with knowledge regarding basic life support and to import quality in order to save the life of individuals. Despite all the advancements in science and technology, India is still unable to access health care services due to lack of awareness, transportation, illiteracy, poverty, rising cost of medical care and less number of health care professionals. So, this is need of time to learn everyone about basic life support.[6]

RESEARCH PROBLEM

An Evaluative Study to assess the effectiveness of Video Assisted Teaching Programme on knowledge regarding Basic Life Support among Students in selected School of Amritsar Punjab.

GENERAL OBJECTIVE

- To evaluate the effectiveness of video assisted teaching programme on knowledge regarding Basic Life Support among school students.

SPECIFIC OBJECTIVES

1. To assess the pre test knowledge regarding basic life support among students.

2. To assess the post test knowledge regarding basic life support among students.
3. To compare the pre test and post test knowledge regarding basic life support among students.

RESEARCH METHODOLOGY

Research Approach: Quantitative research approach.

Research Design: Evaluative research design

Research Setting: The present study was conducted in the Khalsa College Public School, Amritsar, Punjab.

Population: The population of study were those students who were studying in class +1&+2.

SAMPLE: The sample of study was students of Khalsa College Public School Amritsar

Sample Size: 100 students

Sampling Technique: Total enumerative sampling technique.

DESCRIPTION OF TOOL

The tool was divided into two parts.

Part A: Identification data

This part consisted of 4 items for obtaining personal information about subjects such as age (in years), gender, class and source of information.

Part B: Self structured questionnaire on knowledge regarding basic life support:

This part consisted of self-structured questionnaire was used to assess the knowledge regarding basic life support among students. There were total 32 questions. Each question carried one mark. The maximum score was 32 and minimum score was 0.

CRITERION MEASURES

Level of knowledge	**Total score (%)**
Very good	≥76%
Good	51-75%
Average	26-50%
Below average	≤25%

SECTION-I

SAMPLE CHARACTERISTICS

Table 1 Frequency and percentage distribution of sample characteristics N =100

Variables	**Frequency (n)**	**Percentage %**
Age (in years)		
14-15yr	1	1
16-17yr	71	71
18-19yr	28	28
Gender		
Male	54	54
Female	46	46
Class		
+1 Std	50	50
+2 Std	50	50
Source of Information		
Mass Media	45	45
Books/Magazines	41	41
Workshop/Seminar	14	14

Table1 depicts the frequency and percentage distribution of samplecharacteristics regarding basic life support. It shows that according to Age, less than three fourth (71 %) students were in the age group of 16-17years, more than one fourth (28%) students in 18-19 years and remaining (1%) students were in 14-15 years. According to gender,more than half(54%) students were males and 46% were females. According to class, equal distribution i.e. (50%)subjects were from +1 and (50%) from +2. According to the source of information (45%) subjects gained information from mass media, followed by 41% of students from books/magazines and remaining 14% gained from workshop/seminar.

Hence, it can be concluded that majority of students were between age group 16-17yrs and54% of them were males in which equal distribution of students were from +1 & +2 class and source of information was from mass –media.

Table 2

Frequency, percentage & mean distribution of pre-test level of knowledge regarding basic life support among students N=100

Level of Knowledge	n	%	Mean	S.D
Good (51-75%)	4	4		
Average (26-50%)	92	92	12.04	2.453
Below Average (<=25%)	4	4		

Maximum score: 32

Minimum score: 0

Table 2 depicts the frequency, percentage and mean distribution according to the level of knowledge regarding Basic Life Support. It showed that majority (92%) of students had average knowledge and equal distribution of subjects (4%) having good as well as below average knowledge regarding Basic Life Support with mean and standard deviation 12.04±2.453.

Hence, it can be concluded that majority of students had average knowledge regarding Basic Life Support.

Table 3: Frequency, percentage & mean distribution of post-test knowledge regarding basic life support among students. N=100

Level of Knowledge	n	%	Mean (Total)	S.D (Total)
Very Good (>=76%)	63	63		
Good (51-75%)	37	37	25.51	2.533

Maximum score: 32

Minimum score: 0

Table 3 depicts the frequency, and mean distribution according to the level of knowledge regarding basic life support. It shows that63% of students had very good knowledge and 37% of students had good knowledge after video assisted teaching with mean and standard deviation 25.51± 2.533.

Hence, it is concluded that in the post test majority had attained very good knowledge regarding Basic Life Support.

Table 4

Comparison of pre test and post-test knowledge of students regarding basic life support N=100

Level of Knowledge	n	Mean	S.D	df	t
Pre test	100	12.04	2.453	99	74.584*
Post test	100	25.51	2.533		

Maximum score: 32 significant p< 0.01

Minimum score: 0

Table 4 depicts the comparison of pre-test and post test knowledge regarding basic life support among students. It showed that the post test mean knowledge value (25.51) was higher than pre-test mean knowledge value (12.04).The mean difference between pre-test and post-test knowledge regarding basic life support is found statistically significant in the students with 't' value 74.584 at p<0.01.

Hence, it can be concluded that video assisted teaching programme have significant effect on increasing the knowledge of students regarding basic life support.

CONCLUSION

The study concluded that basic life support was an important factor to be discussed with students. So, it was important to organize the video assisted teaching programme to enhance the knowledge regarding basic life support.

RECOMMENDATIONS

On the basis of the findings of the study, it is recommended that:

- A similar study can be undertaken with a large sample for better generlizations of findings.
- In future, comparative studies should be conducted to assess the effectiveness of video assisted teaching programme on knowledge regarding basic life support among students of rural and urban school.
- Mass and individual education in regional language to educate students can be organized.
- A similar study can be conducted to assess the effectiveness of video assisted teaching programme on knowledge regarding basic life support among students.

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