Effectiveness of skill training program on CPR among adolescents in selected colleges, Guwahati

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Abstract

Introduction: Basic life support is an emergency procedure which is performed in order to return life of a person who has come across cardiac arrest. Resuscitation measures can be the lifesaving procedure for children and adults who experience cardiac arrest or respiratory failure. Objectives: The objectives of the study were to find out the effectiveness of Skill Training Program on knowledge and skill regarding Cardiopulmonary resuscitation (CPR) and to determine whether there is any association between knowledge and skill regarding CPR with demographic variables. Methods: Pre-experimental one group pre-test post-test design was adopted and 40 adolescents were selected through stratified random sampling technique. The knowledge on CPR was assessed by using knowledge questionnaire and skill was assessed by using observational checklist. Then the hands-on training was given and post-test was carried out. Results were analyzed using paired ‘t’ test. Results: The findings of the study revealed that none of the adolescents had adequate knowledge before the training program but after the skill training program 97.5% of the adolescents developed adequate knowledge and 95% developed adequate skill regarding CPR. The mean post-test knowledge (13.98 ± 1.73) and skill (15.95± 0.22) score of adolescents were significantly higher than their mean pre-test knowledge (6.53±2.21) and skill (2.35± 0.89) score. The paired t-test revealed effectiveness of Skill Training Program regarding CPR that was effective in improving knowledge (t =13.72) and skill (t =95.56) of the adolescents. Conclusion: Thus, it can be concluded that the knowledge and skill of adolescents can be improved by conducting Skill Training Programs regarding CPR which would make them competent enough to handle emergency life threatening situations at any place where someone is in need.

Key words: Adolescents, Skill Training Program, cardiopulmonary resuscitation, CPR, basic life support, cardiac arrest, emergency procedures