

“A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding CPR (Cardio-Pulmonary Resuscitation) among the Staff Nurses in Selected Hospitals, Kanpur”

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Abstract

Cardio pulmonary resuscitation is a life saving procedure which is helpful in various emergencies involving myocardial infarction and also in the situation when someone has stopped his/her heart beat, CPR is a set of events of life saving steps which involves the increased chances of survival for the heart attack and emergencies. A study was conducted among staff nurses in the UHM Hospital, Kanpur. The main purpose of this study was to assess the effectiveness of structured teaching programme regarding knowledge on CPR. The study was done by adopting cross sectional survey research approach and the research design used in this study was pre experimental one group pre test post test research design. The sample size selected for this study were 60 staff nurses which were selected by non probability purposive sampling technique. A consent was taken from the staff nurses before the data collection. After complete data collection and analysis the results for the study showed that there was higher knowledge score in the post test when compared with the pre test knowledge score. And it was also found that there was significant association between knowledge score and demographic variables such as type of family in staff nurses. Therefore the staff nurses gained knowledge regarding Cardiopulmonary resuscitation.

Key words: Cardio pulmonary resuscitation, staff nurses.

1 Introduction

Heart is a muscular organ. The heart pumps oxygen and all the essential nutrients to all the body. Heart is the very important part of cardiovascular system. The heart takes oxygen from the lungs and essential nutrients from the tissue of body and also helps in removing carbon dioxide from the body.

Cardiopulmonary resuscitation is a life saving emergency procedure in case of cardiovascular emergency and heart attack or when someone hearts has stopped working.

The American heart association involves all the people to learn thoroughly about the CPR and its procedure.

CPR is a step of various life saving activities which enhances the heart attack.

CPR is a very crucial part of basic life support. It is the first line of care for the advanced cardiac life support. CPR is linked with the life saving activities and involved in the prevention of death. All the members of health care team must have adequate and proper knowledge regarding CPR and its procedure so as to save as much life is possible.

CPR helps in maintaining the normal vascular blood circulation and also adequate ventilation for the restoration of the therapy.

Therefore it is necessary for all the health

Professionals and health care team members should learn and gain adequate and required knowledge and skills for CPR performance.

2 Objectives of the study

- To assess the pre test level of knowledge regarding CPR among the staff nurses in selected hospitals, Kanpur.
- To assess the post test level of knowledge regarding CPR among the staff nurses in selected hospitals, Kanpur.
- To evaluate the effectiveness of structured teaching programme on level of knowledge regarding CPR among the staff nurses in selected hospitals, Kanpur.
- To find out the association between knowledge score with their selected demographic variables.

3 Hypothesis

- H_1 : There is significant difference between pre-test and post test knowledge score on CPR among the staff nurses.
- H_2 : There is significant association between post test knowledge score and selected demographic variables.

4 Materials and methods used

Research design: The research design used for this study is a Pre experimental one group pre test post test design.

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Research approach: The research approach used for this study is a Cross sectional survey research approach.

Setting of the study: The study was conducted in UHM Hospital Kanpur

Population: The population of this study involves Staff Nurses in UHM Hospital Kanpur.

Sample: The sample used in this study are Staff Nurses in UHM hospital Kanpur

Sample size: The sample size used for this study involves 50 staff nurses in UHM Hospital Kanpur.

Sampling technique: The sampling technique used in this study is Non probability purposive sampling technique.

Variables:

Research variables: The research variable in this study is, Knowledge of staff nurses on CPR.

Demographic variables: The demographic variables in this study are Age, gender, religion and typeof family.

Sampling criteria:

A) inclusion criteria

- Staff nurses who were available at the time of data collection.
- Staff nurses who were willing to participate in the study.
- Staff nurses who knows Hindi and English.

B) exclusion criteria

- Staff nurses who were physically ill
- Staff nurses who were not available during the time of data collection
- Staff nurses who were not interested to participate in the study.

5 Development and description of tools used in the study

The tools consists of the following sections

Section A: Socio demographic variables

Section B: Knowledge questionnaire on CPR.

Section A: Section A dealt with demographic data which was used to collect the characteristics of the samples. It contains 4 items such as age, gender, religion and type of family.

Section B: A structured questionnaire with 30 items was constructed to assess the level of knowledge of staff nurses regarding CPR.

Method of data collection

After obtaining the official from concerned UHM Hospital and informed consent from the samples, the investigator personally collected the baseline data. After which the data was collected by the structured knowledge questionnaire.

Duration of data collection: 4-6 weeks

Plan for data analysis: The data collected will be analyzed by using descriptive and inferential statistics.

6 Major finding of the study

Section A: Description of demographic characteristics of staff nurses in UHM Hospital

- Among the total samples of staff nurses, 21.66% belongs to 25-35yrs, 48.33% belongs to 36-45yrs and 30% belongs to 46-60yrs.
- Among the total samples of staff nurses, 85% were females and 15% were males.
- Among the total samples of staff nurses, 76.66% were Hindu, 10% were Muslims, 6.67% were Christians and 6.67% were Sikhs.
- Among the total samples of staff nurses, 40% were from nuclear family and 60% were from joint family.

Section B: Description of the pre test level of knowledge regarding CPR among the staff nurses in selected hospitals, Kanpur.

The overall pre test knowledge score shows that, 55.59% had inadequate knowledge, 36.72% had moderate knowledge and 6.67% had adequate knowledge.

Section C: Description of the post test level of knowledge regarding CPR among the staff nurses in selected hospitals, Kanpur.

The overall post test knowledge score shows that 2.31% had inadequate knowledge, 41.37% had moderate knowledge and 56.32% had adequate knowledge.

Section D: Description of the effectiveness of structured teaching programme on level of knowledge regarding CPR among the staff nurses in selected hospitals, Kanpur.

Test	Mean	Standard Deviation
Pre-Test	8.7	4.737
Post -Test	9	5.725

Table shows the mean values for knowledge level of staff nurses in post test is higher i.e. 9 than the pre test knowledge level of staff nurses i.e. 8.7.

The standard deviation values for knowledge level of post test is higher i.e. 5.725 than the pre test knowledge level i.e. 4.737.

Hence H₁ was accepted i.e. there is significant difference between pre-test and post test knowledge score on CPR among the staff nurses.

Section E: Description of the association between knowledge score with their selected demographic variables.

There was significant association between knowledge score and demographic variables like

type of family in staff nurses.

Hence H_2 was accepted i.e. there is significant association between knowledge levels with their selected demographic variables of staff nurses at 0.05 level of significance.

7 Recommendations

Based on the findings of the study the following recommendations have been made for further study:

- A large scale study can be carried out to generalize the findings.
- A similar study can be conducted by true experimental approach.

8 Conclusion

Use of research finding should become part of the quality assurance evaluation to enhance individual profession as a whole. This study was conducted by using 60 samples of staff nurses in UHM Hospital.

The overall pre test knowledge score shows that, 55.59% had inadequate knowledge, 36.72% had moderate knowledge and 6.67% had adequate knowledge and the overall post test knowledge score shows that 2.31% had inadequate knowledge, 41.37% had moderate knowledge and 56.32% had adequate knowledge. The finding will help the nursing staff, nursing faculty and students to understand the need to be focused on cardio pulmonary resuscitation.

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