Effectiveness of Training Programme on Knowledge and Skill Regarding Basic Life Support among Youth

By Mrs. Athira Radhakrishnan & Dr. Sr. Lucy Clare

Abstract- The present study investigated the effectiveness of training programme on knowledge and skill regarding Basic Life Support among youth. The study was conducted among youth studying in selected college of Kottayam district. The research design selected for this study was pre experimental one group pre test post test design. The tools used were socio demographic data sheet, structured questionnaire to assess the knowledge of youth regarding Basic Life Support and observational checklist to assess the skill. Basic information was collected using socio demographic data sheet and knowledge was assessed by a questionnaire followed by a skill assessment by the researcher with the help of checklist using a manikin. Next day the investigator taught about Basic Life Support. Post test was conducted after two weeks using the same knowledge questionnaire and skill checklist. The results revealed that 86.7 % were having poor knowledge and skill regarding Basic Life Support. Statistical analysis using wilcoxon signed rank test revealed that training programme, constituting teaching session and demonstration of Basic Life Support was effective in improving knowledge (Z= 5.014) and skill (Z= 4.765) of youth at $p < 0.001$. A statistically significant correlation was found between knowledge and skill of youth.

Keywords: basic life support (BLS); knowledge; skill; training programme; youth.

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EFFECTIVENESSOFTRAININGPROGRAMMEONKNOWLEDGEANDSKILLREGARDINGBASICLIFESUPPORTAMONGYOUTH

Strictly as per the compliance and regulations of:

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I. Introduction

Cardiac arrest is an important acute emergency situation both in/out of the hospital setups and carries a high level of mortality risk, however, if early Basic life support (BLS) cardio pulmonary resuscitation is initiated, the survival rate can be substantially improved, the knowledge of BLS is a major determinant in the success of resuscitation and plays a vital role in the final outcome of acute emergency situations

II. Methods and Material

A pre experimental one group pre test post test study was conducted on 30 youth studying in a selected college of Kottayam district from 29/01/2018 to 10/03/2018. The present study is intended to determine the effectiveness of the training programme on knowledge and skill regarding Basic Life Support among youth. The knowledge regarding Basic Life Support was assessed by structured questionnaire and skill was assessed by observation checklist.

The knowledge and skill score level were categorized as good, average and poor. Pre test was done to assess the knowledge and skill regarding Basic Life Support. The training programme was conducted for one hour duration including teaching and demonstration of adult Basic Life Support using a manikin, followed by practice session of 30 minutes for 3 consecutive days. Post test was done using same tools after 2 weeks.

III. Results

The pre test and post test was done by using same questionnaire and checklist. The study showed that 33.4% of youth are in the age group between 18-19 years and 66.6% are in between 20-21 years. Majority of the youth (63.3%) are females and 36.7% are males (Table1). Pre test knowledge and skill score revealed that 86.7% of youth are having poor score regarding Basic Life Support and 13.3% are having average score (Table 2&3). The effect of training programme on knowledge and skill of youth was done by Wilcoxon signed rank test and found to be 5.01 and 4.76 respectively which are statistically significant at p=0.001 level. Spearman's rank correlation coefficient test showed a positive correlation between knowledge and skill significant at 0.01 level.

Table 1: Frequency distribution and percentage of youth based on age and gender (n=30)

Sample characteristics	f	%
Age in years		
18-19	10	33.4
20-21	20	66.6
Above 21	0	0
Gender		
Male	11	36.7
Female	19	63.3

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Table 2: Frequency distribution and percentage of youth regarding knowledge on Basic Life Support (n=30)

Knowledge	f	%
Good (19-28)	0	0
Average (10-18)	4	13.3
Poor (0-9)	26	86.7

Table 3: Frequency distribution and percentage of youth regarding skill on Basic Life Support (n=30)

Skill	f	%
Good (19-27)	0	0
Average (10-18)	4	13.3
Poor (0-9)	26	86.7

Table 4: Mean rank, sum of ranks and Z value of pre test and post test knowledge scores of youth (n=30)

Group	Knowledge Scores		Z
	Mean rank	Sum of ranks	
Pre test	0.00	0.00	5.01***
Post test	13.50	351.00	

***significant at .001 level

Table 5: Mean rank, sum of ranks and Z value of pre test and post test skill scores of youth (n=30)

Group	Skill Scores		Z
	Mean rank	Sum of ranks	
Pre test	.00	.00	4.76***
Post test	14.5	406.00	

***significant at 0.001 level

Table 6: Correlation between knowledge and skill of youth (n=30)

Variable	ρ
Knowledge	0.74**
Skill	

IV. Discussion

The findings of the present study shows that majority of youth (86.7 %) were having poor knowledge regarding Basic Life Support and 13.3% were having average knowledge and it is congruent with the findings of a study carried out in Florida that the most of the youth had 50% or below the passing scores on knowledge regarding Basic Life Support with a mean range of scores between 28% and 84%.

The findings of the present study shows that majority of youth (86.7 %) were having poor skill regarding Basic Life Support and 13.3% were having average skill. A similar study was conducted in high school students, that revealed 70.5% of students had poor skill regarding Basic Life Support.

Findings of present study reveals that there was a statistically significant (p <0.001) difference in the pre test and post test scores of knowledge and skill of youth regarding Basic Life Support signifying the effectiveness of training programme. The present study gains strength from a similar study done to assess the effectiveness of Basic Life Support training on knowledge of life saving skill among college students. The overall study findings revealed that there was significant increase in knowledge and skill of degree students on Basic Life Support technique.

The study result showed that correlation coefficient was 0.74 which showed a positive correlation between knowledge and skill of youth regarding Basic Life Support which was significant at p<0.01.

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