

1 Effectiveness of Training Programme on Knowledge and Skill 2 Regarding Basic Life Support among Youth

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5

6 **Abstract**

7 The present study investigated the effectiveness of training programme on knowledge and skill
8 regarding Basic Life Support among youth. The study was conducted among youth studying
9 in selected college of Kottayam district. The research design selected for this study was pre
10 experimental one group pre test post test design. The tools used were socio demographic data
11 sheet, structured questionnaire to assess the knowledge of youth regarding Basic Life Support
12 and observational checklist to assess the skill. Basic information was collected using socio
13 demographic data sheet and knowledge was assessed by a questionnaire followed by a skill
14 assessment by the researcher with the help of checklist using a manikin. Next day the
15 investigator taught about Basic Life Support. Post test was conducted after two weeks using
16 the same knowledge questionnaire and skill checklist. The results revealed that 86.7

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18 **Index terms**— basic life support (BLS); knowledge; skill; training programme; youth.

19 **1 Introduction**

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

24 **2 Methods and Material**

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

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

34 **3 III.**

35 **4 Results**

36 The pre test and post test was done by using same questionnaire and checklist. The study showed that 33.4%
37 of youth are in the age group between 18-19 years and 66.6% are in between 20-21 years. Majority of the youth
38 (63.3%) are females and 36.7% are males (Table1). Pre test knowledge and skill score revealed that 86.7% of
39 youth are having poor score regarding Basic Life Support and 13.3% are having average score (Table 2&3). The
40 effect of training programme on knowledge and skill of youth was done by Wilcoxon signed rank test and found
41 to be 5.01 and 4.76 respectively which are statistically significant at p=0.001 level. Spearman's rank correlation
42 coefficient test showed a positive correlation between knowledge and skill significant at 0.01 level.

5 DISCUSSION

5 Discussion

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

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

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

56 The study result showed that correlation coefficient was 0.74 which showed a positive correlation between
57 knowledge and skill of youth regarding Basic Life Support which was significant at $p < 0.01$. ¹

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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

Figure 1: Table 1 :

2

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

Figure 2: Table 2 :

3

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

Figure 3: Table 3 :

4

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

***significant at .001 level

Figure 4: Table 4 :

5

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

***significant at 0.001 level

Figure 5: Table 5 :

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Variable	?
Knowledge Skill	0.74**
IV.	

Figure 6: Table 6 :

5 DISCUSSION

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