Effectiveness Self Instructional Module On Knowledge Regarding Golden Hour Management In Heart Attack Among Staff Nurses Working In Selected Cardiac Hospitals, Bangalore

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Abstract:
The first hour after a heart attack is known as "the Golden hour", taking appropriate action within this first hour can save a patient's life. The Golden hour provides a window of opportunity to the patients, their families and doctors to take appropriate and fast actions to save their lives. In 2016 the estimated prevalence of CVDs in India was estimated to be 54.5 million, one in 4 deaths in India are because of cardiovascular diseases with ischemic heart disease, The annual numbers of deaths from cardiovascular diseases in India are projected to rise from 2.26 million (1990) to 4.77 million (2020). In this Self-instructional module study, 50 staff nurses working in International cardiac hospital Bangalore were included in this study. Structured knowledge questionnaire used to collect the data, pretest to assess the level of knowledge among staff nurses regarding golden hour management of heart attack, administered the self-instructional module, posttest to assess the level of knowledge among staff nurses regarding Golden hour management in Heart attack. The analysis and interpretation of data of this study are based on data collected through Structured knowledge questionnaire from staff nurses working in International cardiac hospital Bangalore. Self-instructional module is used for the assessing the level of the knowledge among staff nurses regarding Golden hour management in Heart attack, The overall findings of the study were, the pretest mean knowledge score was 49% and posttest value was 82.90%.
Key Word: *(Effectiveness, self- instructional module, Knowledge)*

I. Introduction

A heart attack is a serious medical emergency. Seek immediate medical attention if you or someone you know is experiencing symptoms that could signal a heart attack. The first hour after the onset of heart attack is called the golden hour. This concept is extremely important to understand because most deaths and cardiac arrests occur during this period. However, if the person reaches hospital and gets treated within this period s/he can expect near-complete recovery. Follow the three important steps; Recognize the symptoms, call for help immediately and reach the hospital promptly.

II. Need For The Study

The concept of the golden hour is the vital time period of up to 1 hour by which a patient suffering from traumatic injury or medical emergency should be receiving proper medical assistance to prevent death or irreparable damage to other body parts and organs. The first hour after the onset of heart attack is called the golden hour, it is a window of opportunity that impacts a patient's survival and quality of life following a heart attack. It is a critical time because the heart muscle starts to die within 80-90 minutes after it stops getting blood, with the view of above references and clinical experience there is need of education regarding golden hour management in heart attack in the clinical setting.

III. Review Of Literature

An experimental study was conducted regarding care of the trauma patient requires a well-coordinated intensive effort during the golden hour to optimize survival, Pretest, posttest design with N=7 BSN nurses,21 years of age, less than 2 years of intensive care unit and nursing center, Results show mean satisfaction scores were 21.5 of a possible 25 points. Mean self-confidence scores were 38.83 out of a possible 40 points. An evaluative study was conducted to assess the implementation of American heart Association Practice Standards for ECG monitoring on nurse's knowledge, quality of care and patient outcomes. A quasi-experimental time series design was used to investigate the extent to which nursing students acquire and retain CPR cognitive

knowledge and psychomotor skills following CPR training. A pretest CPR training programme, posttest and retest were conducted. CPR knowledge was assessed by a multiple-choice assessment and psychomotor skills were assessed by observing CPR performance on a skill-meter manikin. A deterioration in both CPR knowledge and skills was found 10weeks following CPR training, the students' knowledge and skills were improved over their pretraining scores, which clearly indicated a positive retention in CPR cognitive knowledge and psychomotor skills.

IV.   Objectives Of The Study

1. To assess the existing level of knowledge regarding golden hour management in heart attack among staff nurses working in selected cardiac hospitals, Bangalore.
2. To evaluate the effectiveness of Self-instructional module regarding golden hour management in heart attack among staff nurses working in selected cardiac hospitals, Bangalore.
3. To find out the association between posttest knowledge score regarding golden hour management in heart attack and their selected socio demographic variables among staff nurses working in selected   cardiac hospitals, Bangalore.

V.   Material And Methods

One group pretest-posttest design was used to evaluate the effectiveness of self-instructional module on knowledge regarding golden hour management in heart attack among staff nurses working in International cardiac hospital, Bangalore. Non probability Convenient sampling technique was used to select a sample of 50 staff nurses. The study was conducted from 20-02-2020 to 20-03-2020 for a period of 4 weeks. After getting the consent from the samples the pretest was conducted by using the 40 structured knowledge questionnaire. On the same day self-instructional module was provided on golden hour management in heart attack. After seven days post test was conducted by using the same structured knowledge questionnaire. The data obtained was analyzed by using descriptive and inferential statistics.

Data Collection Instruments

Demographic data consists of 7 items to obtain the information regarding Age, Gender, Religion, General Education, Professional education, total clinical experience and in-service education. The knowledge questionnaire was prepared consisting of 4 areas, based on 3 domains namely knowledge, comprehension and application. Knowledge had 21 items (52.50%), Comprehension domain had 12 items (30%) and application domain had 7 items (17.50%). Each correct response was given 1 score and wrong answer was given the score 0. The maximum score was 40. The categorization of the obtained score was classified as follows: Below 50% Inadequate knowledge. 50-75% Moderate knowledge. Above 75%   Adequate knowledge.

VI.Discussion

The present study was done to evaluate the effectiveness of self-instructional module regarding golden hour management in heart attack in terms of knowledge among   staff nurses working in selected cardiac hospitals at Bangalore. Structured knowledge questionnaire was used to collect data. A pre-experimental, one group pretest and posttest design was used to conduct the study. The investigator utilized the convenient sampling technique to select the subjects The study showed that, there is significant association between the knowledge scores and the professional education participants, The study concluded that the self-instructional module was highly effective to improve the knowledge score of golden hour management in heart attack.

Nursing Implications:

The study revealed that there are gaps in knowledge of staff nurses regarding golden hour management in heart attack. The findings of this study have implications in the field of Nursing education, Nursing practice, Nursing administration and Nursing research. The dissemination of the knowledge takes place when the research findings are made use of in the following fields.

Nursing Practice:

1. The study shows various degree of deficiency in the knowledge regarding management   of cases with heart attack among staff nurses. For this staff   nurses need to have adequate knowledge regarding golden hour management in heart attack.
2. By providing adequate knowledge to staff nurses, can motivate them to provide appropriate care to the patient and their family.

Nursing Education:

1. As a nurse educator, there are abundant opportunities for nursing professionals to educate the staff nurses regarding golden hour management in heart attack.
2. Nurse educators can use the findings of this study to understand what different strategies can be adapted for educating staff nurses.
3. As a nurse educator, there are abundant opportunities for nursing professionals to educate staff nurses as well as their family members regarding golden hour management in heart attack in hospital and in the community.

Nursing Administration:

1. The nurse administrator should arrange continuing education programme for nursing personnel regarding golden hour management in heart attack.
2. This will help the nurse administrator to emphasis and encourage the nurses to use proper techniques regarding knowledge on golden hour management in heart attack.
3. Nursing personnel should be prepared to take leadership role in educating the patients and relatives regarding knowledge on golden hour management in heart attack.

Nursing research:

1. The study will motivate the beginning researchers to conduct same study with different variables on a large scale.
2. Nurses should come forward to take up unsolved questions in the field and nursing fraternity. The public and private agencies should also encourage researcher in the field through materials and funds.

Recommendations:

1. A replication of present study can be conducted with a larger population.
2. A similar study can be conducted on student nurses.
3. Manuals and information booklets may be developed to enhance the knowledge on golden hour management in heart attack.
4. A study can be conducted by including additional demographic variables.
5. Research study is recommended to be conducted in different teaching strategies in nursing like, work shop, seminar.

VII. Conclusion

A heart attack is a serious medical emergency. Seek immediate medical attention if you or someone you know is experiencing symptoms that could signal a heart attack. The first hour after the onset of heart attack is called the golden hour. This concept is extremely important to understand because most deaths and cardiac arrests occur during this period. However, if the person reaches hospital and gets treated within this period s/he can expect near-complete recovery.

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