

## Study to assess the effectiveness of Planned Teaching Program on knowledge regarding Basic Life Support among students in Pathania Public School, Rohtak, Haryana

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**Abstract:** A Pre-Experimental One Group Pre-test Post-test study was conducted to assess the Effectiveness of Planned Teaching Program on knowledge regarding Basic Life Support among 200 school students from 9<sup>th</sup> and 10<sup>th</sup> standard from Pathania Public School, Rohtak, Haryana by using simple random sampling technique. Structured knowledge questionnaire was used to assess the knowledge of school students. The findings of the study revealed that the mean post test scores were significantly higher than mean pre test scores.

**Keywords:** Planned Teaching Program, Knowledge, Basic Life Support, School, Students,

### I. Introduction

Heart disease is the world's largest killer, claiming 17.5 million lives every year. About every 29 seconds, an Indian dies of heart problem. As many as 20,000 new heart patients develop every day. In India 9 core Indian suffer from heart disease and 30% more are at high risk. Cardiovascular diseases now more prevalent in India and China than all economically developing countries in the world combined. Cardiovascular disease in India quadrupled in the last 40 years. WHO estimates that by 2020 close to 60% of cardiac patients worldwide will be Indian. Basic life support is commonly taught to the general public and the new generation as these may be the only ones present in the crucial few minutes before emergency personnel are available.

*"To think too long about doing a thing often becomes its undoing."*

Basic Life Support is the fundamental technique for the emergency treatment of cardiac arrest. For every minute that passes after a patient goes into cardiac arrest their chance of survival decreases by seven to 10 per cent until a defibrillator arrives (Metcalf-Smith, 2003). A patient who has suffered sudden cardiac arrest must receive effective treatment as soon as possible. When delivered promptly, resuscitation can save the lives of many patients in cardiac arrest.

*Aims and Objectives of the Study*

- To assess the existing level of knowledge of the students regarding basic life support.
- To determine the effectiveness of planned teaching program on basic life support in terms of gain in knowledge score among the students.

### II. Materials and Methods

The present study was conducted to assess the effectiveness of Planned Teaching Program on knowledge regarding Basic Life Support among students in Pathania Public School, Rohtak, Haryana. Pre Experimental (One Group Pretest Posttest) research design was used in the study using simple random sampling technique and sample size was 200. Data was collected by structured questionnaire regarding knowledge Basic Life Support among students in Pathania Public School, Rohtak, Haryana in the month of January and February 2013. Descriptive and inferential statistics were employed to analyze the data.

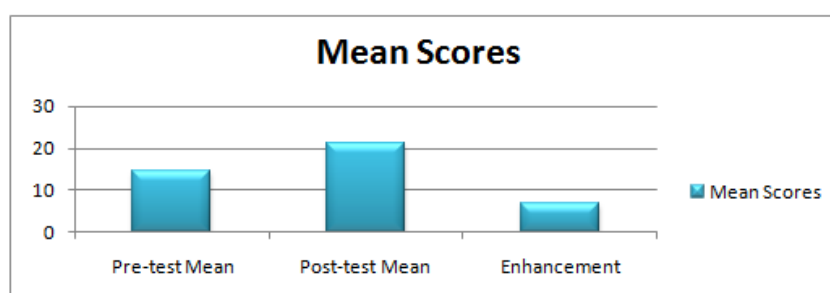
Sr. No.		Demographic Variables	Frequency	Percentage (%)
1.	Age (in years)	a. 10-12	0	0
		b. 13-15	88	44
		c. 16-18	112	56
		d. More than 18	0	0
2.	Gender	a. Male	113	56.5
		b. Female	87	43.5
3.	Religion	a. Hindu	192	96
		b. Muslim	2	1
		c. Sikh	6	3
		d. Christian	0	0
		e. Others	0	0
4.	Type of Family	a. Nuclear	127	63.5
		b. Joint	73	36.5

5.	Place of Living	a.	Rural Area	23	11.5
		b.	Urban Area	146	73
		c.	Semi- Urban Area	31	15.5
6.	Parent's Occupation	a.	Unemployed	0	0
		b.	Labourer	0	0
		c.	Self- employed	41	20.5
		d.	Private Job	53	26.5
		e.	Govt. Job	106	53
7.	Monthly Income (in Rs.)	a.	1000-5000	0	0
		b.	5,000 -10,000	0	0
		c.	10,000 -20,000	31	15.5
		d.	>20,000	169	84.5
8.	Source of Information	a.	Television	72	36
		b.	Newspaper	23	11.5
		c.	Radio	0	0
		d.	Internet	105	51

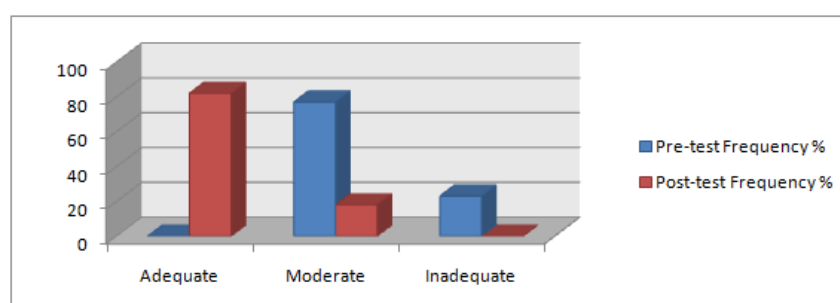
### III. Results

The Study articulated that the overall post-test mean with SD(21.31±3.80) was higher than pre-test mean with SD(14.42±3.75) with mean difference of 6.89. 't' value was computed to find the level of significance between the means and it was observed highly significant ('t'<sub>199</sub>=50.26) at p<0.05. This result reveals that the planned teaching programme was effective in increasing the knowledge of the students regarding basic life support.

Group	Mean	SD	Mean difference	't' value	df	Significance / Not significant
Pre-test (n=200)	14.42	3.75	6.89	50.26	199	HS <0.05
Post-test (n=200)	21.31	3.80				



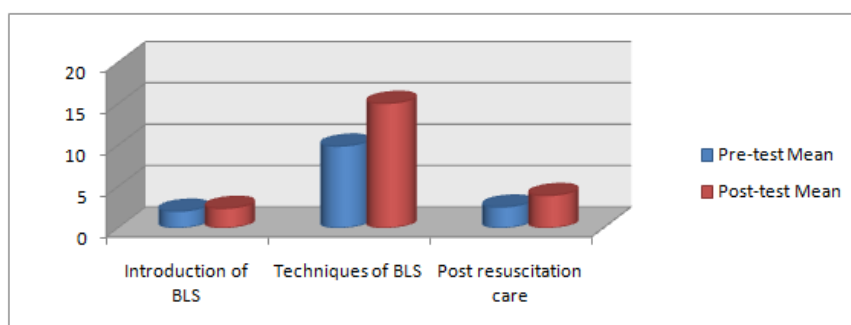
Level of knowledge	Range of scores	Pre-test		Post-test	
		Frequency	%	Frequency	%
Adequate	21-30	0	0	164	82
Moderate	11-20	154	77	36	18
Inadequate	0-10	46	23	0	0



**Table-:** Significance of the difference between pre-test and post-test knowledge score

Areas	Mean Effectiveness	't' value	Level of significance
Introduction of BLS	0.35	7.45	HS <0.05
Techniques of BLS	5.16	42.71	HS <0.05

Post resuscitation care	1.39	16.69	HS <0.05
Overall	6.89	50.26	HS <0.05



#### IV. Discussion

Findings in the present study revealed that the planned teaching programme was effective in increasing the knowledge of the students regarding basic life support. The result of the study are supported by **Anil Kumar Parashar (2010)** conducted a study to assess the effectiveness of planned teaching programme (PTP) on knowledge and practice of Basic Life Support among 40 high school students in Mangalore through simple random sampling technique. The study showed that majority (87.5%) of the students had inadequate knowledge and (100%) had poor practice. The planned teaching programme facilitated them to update their knowledge and practice related to Basic Life Support.

**Velhal G.D. (2004)** conducted a study among 783 secondary school students in Bombay to assess the knowledge about BLS-CPR knowledge with the help of pre-tested multiple choice type of questionnaire. Study revealed that only 13% of students knew that CPR is the life saving measure, whereas 87% has never heard about CPR. Researcher strongly recommends the health professional to provide education to the students which cover the major portion of the general population.

**Miro O. et al. (2002)** conducted a study to assess the effectiveness of planned teaching programme basic cardiopulmonary resuscitation to teenagers within high school age between 14-20 years. Participants who had previously taken a first-aid course or were in the course obtained significantly better marks than the rest. These differences disappeared after process completion. Students rated the theoretical parts as 7.9(1.1) the skill part as 8.2(1.2) study concluded that PTP is useful in improving student's knowledge and skills in CPR.

**Sangeetha Krishnan; (2002)** conducted a study to evaluate the effectiveness of PTP on CPR technique among 60 staff nurses in selected hospital in Bangalore City. Quasi experimental research design was used. The total mean percentage of post-test knowledge score was 97.10% with enhancement of 46.9% (SD=3.7) which shows gain in knowledge after implementation of PTP. It was found that planned teaching programme on CPR has enhanced, reinforced the knowledge and improvement regarding CPR technique.

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