International Journal of
Advance Research
in Medical Surgical Nursing

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A study to assess the effectiveness of planed teaching program on knowledge and practice regarding cardiopulmonary resuscitation among staff nurses of selected hospital of Jabalpur (M.P)

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Abstract
A pre-experimental evaluation research approach was undertaken in the present study "A study to assess the effectiveness of planed teaching program on knowledge and practice regarding cardiopulmonary resuscitation among staff nurses of selected hospital of Jabalpur (M.P)". Finding of the study reveal that 43(71.66%) of staff have good knowledge score, 17(28.33%) have an average Knowledge score and none of them has poor knowledge. The finding of the present study have implication for nursing practice, nursing administration, nursing education and nursing research.

Keywords: Knowledge, practice, staff nurse and score

Introduction
- Assess the existing level of knowledge and practice score regarding CPR among staff nurses of selected hospital in Jabalpur.
- Provide planned teaching program on knowledge and practice regarding CPR among staff nurses of selected hospitals in Jabalpur
- Assess level of knowledge and practice score after implementation of planned teaching program regarding CPR among staff nurses of selected hospital in Jabalpur.
- Evaluate the effectiveness of planned teaching program on knowledge and practice regarding CPR among staff nurses of selected hospital in Jabalpur.

Back ground of the study
Cardiopulmonary resuscitation has grown from an obscure medical theory to a basic first aid skill taught to adults and is now the near-universal technique used in CPR instruction. According to statistics nearly 7.5 lakh people die of sudden cardiac arrests every year in India. On an average, a victim begins to suffer irreversible brain damage four minutes after the cardiac arrest takes place and if no CPR is administered. For every minute that a cardiac arrest victim does not receive CPR, his chances of survival drops by 10 per cent. While several countries across the world are training the common man - in schools, colleges and work places about chest compressions or CPR to save sudden cardiac victims from dying, the World Heart Federation (WHF) says less than one per cent Indians would presently know how to carry out a CPR.

Review of Literature
Kanwalpreet Sodhi, Manender Kumar Singla October 2014. A study on 'impact of advanced cardiac life support training program on the outcome of cardiopulmonary resuscitation in a tertiary care hospital.

Aim: To evaluate the impact of the American Heart Association (AHA) certified Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS) provider course on the outcomes of CPR in their hospital.

Method: The retrospective study was performed over a period of 18-months. All in-hospital adult cardiac arrest victims in the pre-BLS/ACLS training period

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(January, 2012 to September, 2013). BLS/ACLS training period (October, 2013 to June 2014) were included in the study. They compared the outcomes of CPR between these two study periods.

Result: There were a total of 627 in-hospital cardiac arrests, 284 during the pre-BLS/ACLS training period and 343 during the post-BLS/ACLS training period. In the pre BLS/ACLS training period, 52 patients (18.3%) had return of spontaneous circulation, compared with 97 patients (28.3%) in the post-BLS/ACLS training period ($p<0.005$).Survival to hospital discharge was also significantly higher in the post BLS/ACLS training period i.e 67 patients(69.1%) than in the pre- BLS/ACLS training period i.e 12 patients (23.%) ($p<0.0001$).

Conclusion: The authors concluded that formal certified BLS and ACLS training of healthcare professionals leads to definite improvement in the outcome of CPR. The study with 627 sample size provided adequate plan to work on the study by the present researcher.

Research design
For the present study design pre-experimental one group pre-test, post-test design to measure the effectiveness of planed teaching program for CPR.

Setting of the study
The present study was conducted in marble city hospital, Jabalpur.

Sample size: In this study the sample size is 60 staff nurses.

Sampling technique
Non-probability convenient sampling technique is to be used to select sample for this study.

Data collection procedure
Data will be collected by obtaining permission from concerned authority and participant, after explaining the purpose of the study by the investigator. Prior to data collection, pretest will be conducted by administering socio demographic Performa and structured knowledge and practice questionnaire on CPR. After 7 days post test will be conducted by administering same questionnaire that was used in the pre test.

Table 1: Data collection schedule

S. No	No. of Samples	Dates	Weeks
1	60 (Pre test)	02/06/2019 - 07/06/2019	1
2	60 (Post test)	15/06/2019 – 21/06/2019	1

Major finding of the study
Findings related to level of practice
Pretest knowledge score and practice score
There were 60 sample included in the study for the assessment of pre test knowledge score, out of which 5 (8.33%) have good knowledge score, 54(90%) have an average knowledge score and 1(1.66%) has a poor knowledge score. The mean pre test knowledge score was 17.23. There were 60 samples included in the study for the assessment of pre test practice score, out of only which 1 (1.66%) has good practice score, 42(70%) have an average practice score and 17 (28.33%) have a poor practice score.

The mean pre test knowledge score was 9.91.

Post test knowledge score and practice score
In the post test it was found that, out of 60 sample, 43(71.66%) of staff nurse have a good knowledge score, 17 (28.33%) have an average knowledge score, none of them has poor knowledge. The mean post test knowledge score was 21.95. In the post test it was found of that, out of 60 sample, 17(28.33%) of staff nurse have good practice score, 42 (70%) have an average practice score, 01(1.66%) has a poor practice score. This mean post test practice score was 14.75.

Finding related to comparison between pre and post test knowledge score
The comparison between pre test and post test knowledge made by t-test, t= 7.416 at 0.05 level of significance. This indicates that the planned teaching program is effective in improving the knowledge of staff nurse regarding CPR.

Finding related to comparison between pre and post test practice score
The comparison between pre test and post test practice made by t-test, t= 5.42 at 0.05 level of significance. This indicates that the planned teaching program is effective in improving the practice of staff nurse regarding CPR.

Conclusion
Cardiopulmonary resuscitation (CPR) is a procedure to support and maintain breathing and circulation for who has stopped breathing (respiratory) and whose heart has stopped (cardiac arrest). CPR is a key to everyone for the survival why immediate care which is performed by the nurse to reduce the mortality rate. The nurse are in a position to play a major role in public and professional education that leads to prevention and management of CPR abundant in this country.

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