

Effectiveness of Structured Teaching Programme on the Level of Knowledge about Psychological First Aid among Psychiatric Nurses Working in Selected Psychiatric Nursing Homes in Pune City

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Abstract

Introduction: Psychological first aid (PFA) is an important procedure which is designed and practiced with an intention to reduce the incidence of disorders related to stress. The use of STP was effective to enhance the level of knowledge regarding the use of psychological first aid, thereby helped in improving the quality of life among people. **Method:** Research approach used for the study is Quantitative research and the research design used is Pre-experimental research design. 60 samples were selected for the study using Probability sampling method. Pre-test was administered to subjects, followed by structured teaching Programme through AV aid on psychological first aid was given, followed by post-test, which was carried after two weeks. **Result: Findings** revealed in Pre-test, average knowledge score was 12.66 with standard deviation of 1.78 whereas in post-test average knowledge score was 19.99 with standard deviation of 3.26. This indicates that the structure-teaching programme was effective to enhance the level of knowledge about the psychological first aid among the psychiatric Nurses. **Conclusion:** The present study enhanced the knowledge on the psychological first aid in psychiatric Nurses. The study found that majority of Nurses have average knowledge towards psychological first aid

Keywords: Effectiveness; Structured Teaching Program; Knowledge; Psychological First Aid; Psychiatric Nurses

Introduction

Psychological first aid (PFA) is a skill aimed to decrease the stress due to any of the crisis event happening¹. Psychological first Aid was established by the National Centre for Post-Traumatic Stress Disorder and was first announced theoretically in the mid-Twentieth Century. Psychological first aid appeared as the important factor after the 9/11 incidence, it was of very much help for the survivors of Manmade disasters and life-threatening events². PFA is an evidence based integrated method to help families, societies and communities in the post disaster and terrorism events. Psychological First Aid intends to lessen the initial suffering caused by disturbing events and to adapt to the ongoing situation and helps in coping³.

Psychological First aid Training helps to increase the knowledge to deliver the needed psychological first aid, and promotes confidence for providing PFA⁴. As a result of few reviews, researchers have suggested that medical colleges, nursing colleges, and other healthcare programmes related to direct care of patients should implement PFA training in their core curricula. It was also discussed that Healthcare organization's management and higherups should promote the application of PFA in hospitals, work settings with both colleagues and patients. PFA training should be promoted same as the training for CPR as it is of similar importance and healthcare organizations needs to focus on this aspect too⁵.

The current study aims to, assess the effectiveness of STP on the knowledge level regarding psychological first aid among psychiatric nurses working in selected

psychiatric nursing homes in Pune city.

Hypothesis

Ho: There will be no significant change in the knowledge of the Psychiatric Nurses regarding psychological first aid.

Materials and Methods

For the current study research approach adopted was Quantitative approach. The research design used was Pre experimental research design. 60 samples were selected for the study using non-probability purpose sampling technique.

Tool for the study has sections as follows:

Section I – demographic baseline data. Section II - Structured questionnaire with thirty items. Permission to conduct the main study was taken from the organization’s authority. Data for the study was gathered from Feb 05, 2019 to Feb 26, 2019. Data was collected after taking consent from the participants. Pre-test was conducted

on the first day followed by a structured teaching programme on psychological first aid again followed by post-test.

Results

Section I Demographic Data Analysis:

An overall of 60 participants were selected from Psychiatric Nursing Homes located in Pune, Maharashtra. Questionnaires were circulated to all the participants. Out of the 60 participants 32.5% of samples falls in Age in 21-25 years. 35.5 % of samples falls in an age 26-30. 10.5% falls in 31-35 years and 21.5% of samples falls above 35 years age group.

Section II Pre interventional Knowledge among the Psychiatric nurses regarding psychological first aid.

As per the data obtained during pre-test 72.5%, subjects had poor knowledge and 18.5% subjects had average knowledge and 9% had scored good knowledge level about psychological first aid.

Table.1 representing the Pre-test Knowledge

N = 60

	Good	Average	Poor
Frequency	5	11	44
Percentage	9%	18.5	72.5

Section III - Effectiveness of structured teaching program on knowledge about PFA among psychiatric Nurses.

Paired t-test was applied to analyse the effect of STP on knowledge about Psychological First Aid. Mean score during pre-test was 18.5 which has increased to 27.5 during the post-test. 21.31 was the T-value with 39 degree of freedom. 2.730 was the corresponding p-value which was small, therefore the Alternative hypothesis was accepted. The results of the study reveal that the STP on Psychological First Aid has a significant positive effect on the knowledge level of the psychiatric Nurses.

Discussion

The objective of the study was assessing the effectiveness of STP on the knowledge level regarding psychological first aid among psychiatric nurses working in selected psychiatric nursing homes in Pune city.

The study showed that during pre-test 72.5%, subjects had poor knowledge and 18.5% subjects had average knowledge and 9% had scored good knowledge level about psychological first aid. Similar study was conducted by (Jong-Sun Lee, Sungeun You etal.) which shows that the PFA training significantly enhanced students’ knowledge and perceived skill in PFA skill⁶.

Conclusion

As per the findings of the research study it was found that approximately 80% Psychiatric nurses were positively affected by the training on Psychological First Aid. So, to conclude, this study that more trainings on psychological first aid should be conducted for all the healthcare professionals. It was felt that more in-depth understanding of Psychological First Aid can be provided and the benefits of the approach could be demonstrated to the Nurses in India.

Ethical Clearance: Clearance obtained from the Institutional Research Committee.

Conflict of Interest: None

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