

# Effectiveness of Lecture Cum Demonstration on First Aid Management of Common Ailments in Terms of Knowledge among Accredited Social Health Activist (Asha) Workers

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## Abstract

Death can occur at any time in which first aid is the initial step of giving care to a person in the emergency. Everyone has the capability to save lives during the emergency situation to reduce the further complications. The present study aimed to assess the effectiveness of lecture cum demonstration on first aid management of common ailments in terms of knowledge and practice among accredited social health activist (ASHA) workers. **Study was** Quasi experimental one group pre-test post-test design. Total 52 ASHA workers were selected by using Total enumeration sampling technique. Data was collected by using structured knowledge questionnaire and observational checklist through paper pencil technique. The mean post-test knowledge score ( $25.21 \pm 2.77$ ) was higher than the mean pre-test knowledge score ( $11.25 \pm 4.24$ ) and mean post-test practice score ( $64.54 \pm 3.10$ ) was higher than the mean pre-test practice score ( $9.71 \pm 3.42$ ). There was no significant association of post-test knowledge score with selected variables except marital status and there was no significant association of mean post-test practice score with selected variables. The study concludes that lecture cum demonstration was effective in improving the knowledge and practice of ASHA workers on first aid management of common ailments.

**Key words:** Lecture cum demonstration, First aid, Common ailments, Knowledge, Practice, ASHA.

## Introduction

First Aid knowledge is invaluable for every individual and for their community. It enables to assist persons who become injured in the event of an accident or emergency situation until help arrives. The goal of first aid is to save life, prevent an injury or illness from worsening or to help speedy recovery.<sup>1</sup>

People who have knowledge and skill to give First aid would help the community to be saved from death or complications etc.<sup>2</sup>

In India, Accredited Social Health Activist (ASHA) was introduced by the National Rural Health Mission (NRHM) in 2005. They are female cadres of India's community health worker programme.<sup>3</sup> The primary goal of the NRHM is to strengthen the healthcare delivery system with a focus on the needs of the poor and vulnerable sections among the rural population.<sup>4</sup>

Choking is a form of **asphyxia** caused by an obstruction within the air passage.<sup>5</sup> Epistaxis, or bleeding from the nose, is a common complaint.<sup>6</sup>

When a foreign object stuck in an ear or the nose is not removed, an infection could result. Damage to structures in the nose or ear could also occur. Various objects may be found, including toys, beads, stones, folded paper, cotton buds, insects or seeds.<sup>7</sup>

## Objective

To assess and compare the pre-test and post-test knowledge of ASHA workers regarding first aid management of common ailments.

## Methods

The research approach adopted for this study was quasi experimental and design was one group pre-test post-test. Final data collection was done from December

2016 to February 2017 on 52 ASHA workers which were selected by using **Total Enumeration Sampling Technique** and data was collected by using structured knowledge questionnaire. Written consent was taken from the subjects. Prior information was given to the subjects about the purpose of the study.

**Ethical Clearance:** Ethical approval was taken from the Maharishi Markandeshwar University Ethical Committee for conducting the study. The permission for final study was taken from the civil surgeon of Ambala.

**Procedure of Data Collection**

After formal administrative approval from Civil Surgeon of Ambala. Final data collection was done from December 2016 to February 2017 on 52 ASHA workers, Written consent was taken from the subjects. Prior information was given to the subjects about the purpose of the study. Data was collected regarding selected variables and knowledge pre-test of first aid management of common ailments. Lecture on first aid management of major and minor ailments was given by using power point slides On 9<sup>th</sup> day, post-test of knowledge on first aid management of common ailments was conducted The data was collected and analysed as per the plan of analysis i.e Descriptive and Inferential statistics.

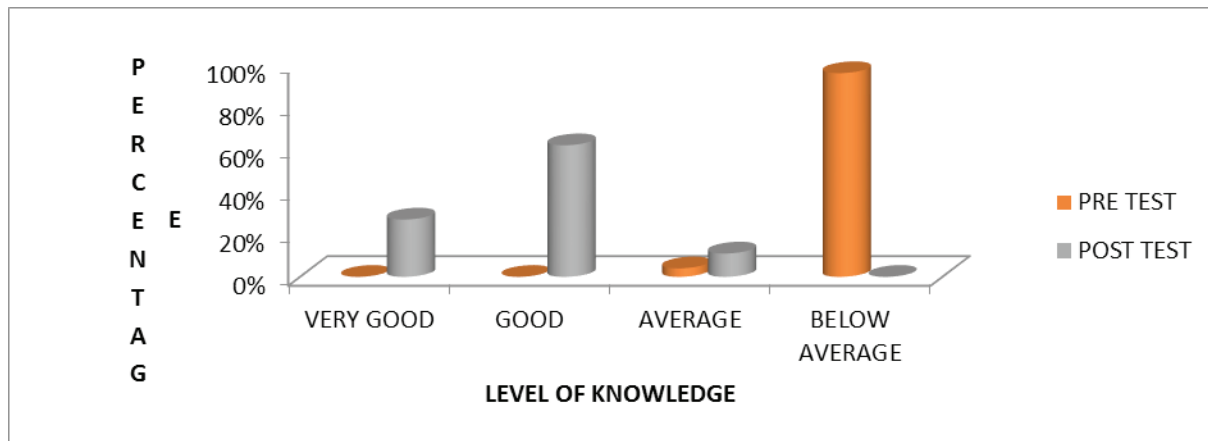
**Results**

**Table 1 : Frequency and Percentage Distribution of ASHA workers according to selected variables.**

N=52

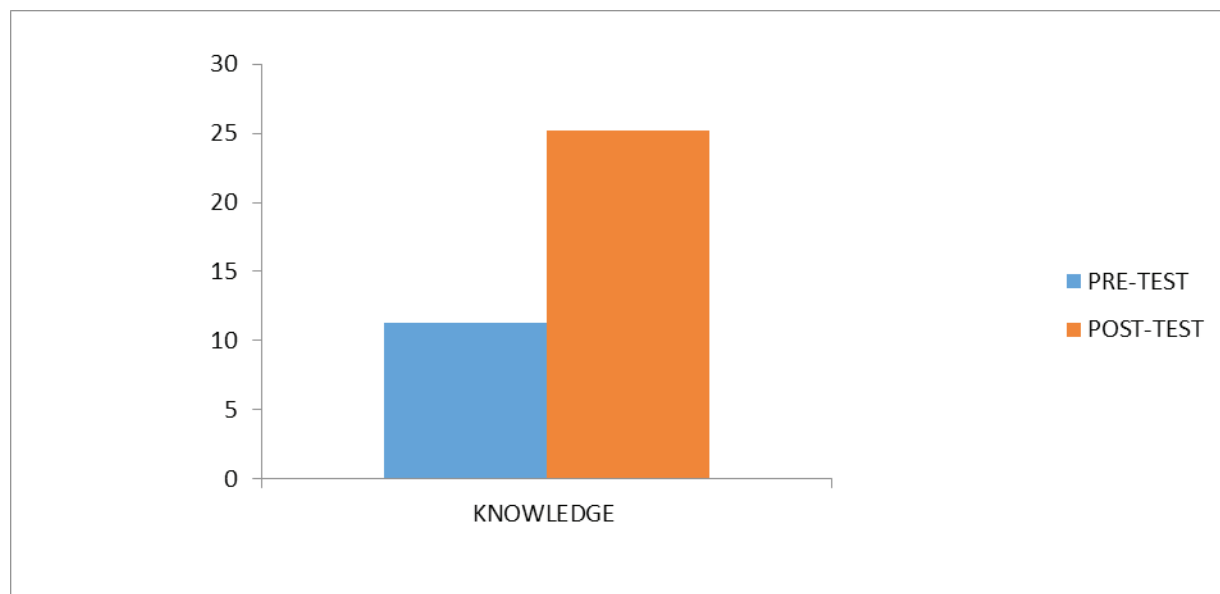
S.No	Selected variables	f(%)
1.	Age in the years	
1.1	<30	14(27)
1.2	31-40	28(54)
1.3	>40	10(19)
2.	Marital status	
2.1	Married	47(90)
2.2	Widow	05(10)
3.	Education status	
3.1	Middle(8th)	28(54)
3.2	High School	16(31)
3.3	Senior Secondary	08(15)
4.	Job experience	
4.1	1-5 Years	24(46)
4.2	6-10 Years	26(50)
4.3	≥11 Years	02(04)
5.	Familyincome (Rs.)	
5.1	≤5,000	09(17)
5.2	5,001-10,000	34(65)
5.3	10,001-20,000	09(17)
6.	Handling first aid previously	
6.1	Yes	52(100%)
6.2	No	
7.	Getting first aid previously	
7.1	Yes	52(100%)
7.2	No	

Out of 52 ASHA workers, more than half of them (54%) were in the age group of 31-40 years. Most of them (90%) were married and more than half (54%) were having education up to 8<sup>th</sup> class. Half of them (50%) were having a job experience within 6-10 yrs. Most of the ASHA workers' (60%) family income was between Rs.5001-10,000. None of the ASHA workers had handled or experienced first aid.



**Figure 1: Bar graph showing the level of pre-test and post-test knowledge score of ASHA workers on first aid management of common ailments.**

Before the lecture none of the ASHA workers had good or very good knowledge on first aid management of common ailments and very few (4%) had average knowledge and almost all of them (96%) had below average knowledge whereas after the lecture 27% had very good knowledge and (62%) had good knowledge and only (11%) had average knowledge and none of the ASHA workers had below average level of knowledge.



**Bar graph showing the mean of pre-test and post-test knowledge score of ASHA workers on first aid management of common ailments.**

**Figure no. 2 shows that mean post-test knowledge score (25.21±2.77) was higher than the mean pre-test knowledge score (11.25±4.24).**

The computed t value,  $t(21.96) p < 0.05$  was higher than the tabulated value which indicates, that there was a significance difference between pre-test knowledge score and post-test knowledge score.

The obtained 't' values in each area i.e concept of first aid aims and principles was 7.83, meaning causes sign and symptoms of common ailments 13.28, first aid management of common ailments 19.38. The calculated 't' value was higher than the tabulated value in each area which indicates there was a significant difference at 0.05 level of significance.

There was a significant association of post-test knowledge score with marital status ( $F=2.08$ ,  $P=0.04$ ) at 0.05 level of significance. The data further revealed that there was no significant association of post-test knowledge score with age, education status, job experience and family income at 0.05 level of significance.

### Discussion

The present study aimed to evaluate the effectiveness of lecture on First aid management of common ailments in terms of knowledge among Accredited Social Health Activist (ASHA) workers in selected rural area of Ambala District, Haryana.

In the present study, majority (90%) of the ASHA workers were married and more than half (54%) of the subjects were educated up to middle class (8<sup>th</sup> class). The similar findings were reported by **Mahesh Kumar Chaudhary(2015)**.<sup>8</sup> Out of the total 194 ASHAs majority (89.69%) was married and almost half (49.49%) of the ASHA workers having education up to 8<sup>th</sup> class.

In the present study, the mean post-test knowledge score of ASHA workers ( $25.21 \pm 2.77$ ) was higher than the mean pre-test knowledge score ( $11.25 \pm 4.24$ ). The computed t value,  $t(50) p < 0.05$  indicates a significance difference between pre-test knowledge score and post-test knowledge score, this indicates gain in knowledge after the administration of lecture on first aid management of common ailments. These findings are extremely consistent with a study conducted by **AnsuyaBengre(2013)** that the lecture was very effective in increasing knowledge of Accredited Social Health Activist (ASHA) workers. The findings of the

study revealed that post-test knowledge score (31) was higher than the pre-test knowledge score (21), the Z value computed ( $z=6.75$ ,  $p=0.001$ ) indicating that there was significant for knowledge score indicating the improvement in the knowledge of ASHA workers on first aid management after attending the teaching session.<sup>9</sup>

### Conclusion

The mean post-test knowledge score in all areas of knowledge questionnaire was significantly higher than pre-test knowledge score. Therefore, the study concluded that the lecture was effective in enhancing the knowledge among ASHA workers on first aid management of common ailments.

**Ethical Clearance:** Ethical approval was taken from the Maharishi Markandeshwar University Ethical Committee for conducting the study. The permission for final study was taken from the civil surgeon of Ambala.

**Source of Funding-** Self Funding

### Conflict of Interest Statement

The authors whose names are listed immediately below certify that they have **NO** affiliations with or involvement in any organization or entity with any financial interest (such as honoraria; educational grants; participation in speakers' bureaus; membership, employment, consultancies, stock ownership, or other equity interest; and expert testimony or patent-licensing arrangements), or non-financial interest (such as personal or professional relationships, affiliations, knowledge or beliefs) in the subject matter or materials discussed in this manuscript.

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