

**Efficacy of a planned training programme on degree students
understanding of cardiopulmonary resuscitation at a selected institution in
Palakkad, Kerala.**

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Introduction

Each year, cardiac arrest is responsible for the deaths of 0.6 people out of every 1000 people in India. After a sudden cardiac arrest, there is only a one percent chance that the patient will survive. Around 35% to 40% of all cardiovascular deaths are attributed to sudden cardiac arrest, and approximately 82% of all sudden cardiac arrest deaths are attributable to heart arrhythmia abnormalities. In the majority of cases, death was brought on by coronary attacks and respiratory failure. After forty-eight hours, only three out of five patients (45%) were still alive, and none of them had survived long enough to be released from the hospital. Researchers came to the conclusion that it would be beneficial to conduct an evaluation of degree students' knowledge of cardiopulmonary resuscitation (CPR) as well as their ability to put that information into practise. Training in cardiopulmonary resuscitation (CPR) is the only method to acquire the knowledge necessary to successfully conduct the procedure. The most effective way to reduce the number of people who die as a result of cardiac arrest is to teach students and the general public about the importance of performing cardiopulmonary resuscitation (CPR).The sooner cardiopulmonary resuscitation (CPR) is started when someone has stopped breathing, the better their chances of being revived and surviving.

Methodology

The purpose of this research was to ascertain whether or not a planned course of study on cardiopulmonary resuscitation (CPR) for college students in Palakkad, Kerala, was effective in enhancing students' knowledge and capabilities in this field. In order to acquire its data, this investigation used a technique that was quite similar to that of an experiment. A strategy that relied heavily on randomization was used to pick one hundred individuals who had just graduated from college. In order to provide an accurate picture of the performance of the structured learning programme, a survey was carried out. The replies were analysed using a variety of statistical methods, including descriptive and inferential statistics (mean, frequency, percentage, and standard deviation), as well as the paired t-test.

Evaluation as well as Results

According to the data, 5% of the students had very low knowledge, 50% had poor knowledge, 40% had medium knowledge, and the remaining 5% had exceptional knowledge. The percentage of students with very poor knowledge was 5%. When Ram Sharma questioned one hundred college students on their understanding of cardiopulmonary resuscitation, he received responses that were remarkably comparable to those that were presented above. Manikins were used so that they could do CPR demonstrations on them. Following a period of ten days, it was established via testing that the student had improved their level of understanding. The purpose of this research project is to analyse the efficacy of a well-planned curriculum on the knowledge of CPR held by degree-seeking students attending a certain educational establishment.

Participants took a knowledge test before and after the study, and their average score increased by 1.15 points, making it 19.3.

When compared, the average score obtained following the test was 38.9 plus 4.1. It is shown that STP is effective. Sam's analysis of CPR studies shows that the aforementioned assertions

are accurate. Training in cardiopulmonary resuscitation (CPR) was available at this location. The findings of the study indicated that STP produced superior results. The results of the research showed that there is a relationship between the amount of CPR training that one has had and the demographic parameters that were looked into. It was shown that there was a substantial correlation between how well one did on a test of their knowledge of CPR and demographic factors, including source (P 0.05). In the population of college students, there was no correlation between knowledge of CPR and the other demographic characteristics. Included are considerations for things like age, gender, level of education, geographical location, the composition of the family, and how the family is organised. Everyone agreed that the concept should be pursued further. According to the conclusions of John Hope's study, college students simply cannot afford to be misinformed about cardiopulmonary resuscitation (CPR). Even after taking into consideration the ages and genders of the respondents, as well as their localities, family sizes, and educational levels of their parents, there was no discernible difference in their overall level of knowledge.

In conclusion, degree students benefited from a CPR programme that was both thorough and detailed. The efforts that were made throughout the structured education programme led to a rise in the overall level of knowledge.

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