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**Effectiveness of a training program on improving the knowledge,
attitude and skill in providing Cardiopulmonary Resuscitation
(CPR), among the employees working under Manipal Integrated
Services(MIS), Manipal University, Manipal**

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"ABSTRACT

A research study entitled "Effectiveness of a training program on improving the knowledge, attitude and skill in providing Cardiopulmonary Resuscitation (CPR), among the employees working under Manipal Integrated Services(MIS), Manipal University,Manipal" was carried out at Manipal University, Manipal by Ms. Swapnil Thulung for the award of M.Sc Nursing degree.

The objectives of the study were to assess the level of knowledge on Cardiopulmonary Resuscitation (CPR), assess the attitude regarding CPR, assess the skill in providing CPR and to determine the effectiveness of the training program on CPR, among the employees working under Manipal Integrated Services (MIS), Manipal University,Manipal.

The conceptual framework for the study was based on the 'Systems model'(Roy C., Andrews,H.A. 1991).

The study hypothesized that there will be significant difference between the mean pre-test and post-test knowledge, attitude and skill scores of employees working under MIS, Manipal University,Manipal, undergoing training program on Cardiopulmonary Resuscitation (CPR).

The tools used in the study were Tool-1: Demographic proforma, Tool-2: Structured knowledge questionnaire on CPR, Tool-3: Attitude scale on CPR and Tool-4: Practice checklist on CPR.

Content validity and reliability of the tools were established and all the tools were pre-tested. Pilot study revealed the feasibility of the study and permissions from all the relevant authorities were obtained prior to conducting the study.

The study was conducted during the month of January and February 2016 at the Manipal Integrated Services (MIS) training center at Kamath Circle, Manipal Institute of Technology (MIT) complex, Manipal University, Manipal. The study sample comprised of 80 participants who were the current employees of MIS through convenience sampling technique.

The gathered data was coded and summarized in a master data sheet and was analyzed using SPSS 20.0 version. Both descriptive and inferential statistics were used for the data analysis.

A total of 80 participants were included in the study and maximum were in the age group of 20-40 years. Majority (73.8%) of the participants were males and 26.2% were females. Majority (67.5%) of the participants had not completed their education beyond class 10 and none of the participants had any previous training or knowledge on CPR.

In the pre-test ,out of 80 participants, 73% had poor knowledge and only 26.2% had average knowledge on CPR. Whereas in the post- test conducted after seven days of the training program, 2.5% had poor knowledge, 55% had average knowledge and 42.5% had good knowledge on CPR. The area wise calculation of mean percentage, actual gain and modified gain of pretest and posttest knowledge scores also showed that mean percentage pretest scores ranged from 26.7% in the area of concept of CPR to 27.5% in the area of ventilation. Whereas in the post test the mean percentage scores ranged from 62% in the area of concept of CPR to 62.1% in the area of ventilation. The actual gain score was highest in the area of chest compression/ circulation: it increased from 27.3% in the pretest to 69.2% in the post-test. For the attitude 20% had favourable and 80%had unfavourable

attitude towards training program on CPR in the pre-test. The post-test data showed that, 17.5% had favourable and 82.5% had unfavourable attitude towards training program on CPR. Even in the area wise calculation there was a minimal increase in the actual gain in the scores in all the areas of attitude. In the pre-test none of the participants were skilful in performing CPR. However in the post-test 76.3% attained the skill in giving CPR and 23.8% could not attain the required skill and they were given remediation until they gained the required skill. Wilcoxon's sign rank test and Paired t-test was computed to find effectiveness of the training program on Cardiopulmonary Resuscitation (CPR) with selected variables like knowledge, attitude and skill.

There was significant increase in knowledge after the training program on CPR as the computed p value ($p < 0.01$) is lesser than the significant p ($p < 0.05$). There was no significant change in attitude after the training program on CPR as the computed p value ($p = 0.14$) is greater than the significant p ($p < 0.05$). There was significant increase in skill after the training program on CPR as the computed p value ($p < 0.01$) is lesser than the significant p ($p < 0.05$). The increase in post-test scores in knowledge and skill was significantly associated with the training program as the p-value in both knowledge and skill was < 0.05 . However the p-value of attitude was > 0.05 ($p\text{-value} = 0.14$). Hence the research hypothesis was partly accepted and it is inferred that the training program on CPR brought significant change in the post-test scores of knowledge and skill.

Thus the study concluded that the training program was effective in increasing the knowledge, and teaching the participants with skills of providing Cardio Pulmonary resuscitation (CPR). Among the participants under study only 16 (20%) had favorable attitude towards the training program on Cardiopulmonary Resuscitation prior to the training program. Even after the training the program there was not much change in the attitude as 66 participants (82.5%) still remained with unfavorable attitude towards training program on CPR. However the skills in providing CPR improved significantly as 61 (76.3%) participants were skilful in providing CPR in the pos-test and the rest of the participants were given remediation until they became skillfull.

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