

Effectiveness of A Structured Training Program on Selected First Aid Management Among Commercial Drivers

Chauhan Milankumar J^{1*}, Dwivedi Kajal², Abhay D.Pattan³, Praful S. Damor⁴, Anantkumar H. P⁵

¹Assistant professor, Department of community health nursing, parul institute of nursing, paruluniversity,Vadodara,india.

²Clinical instructor, parul institute of nursing, paruluniversity,Vadodara, india.

³Associate professor, Parul Institute of Nursing, Parul university, Vadodara;

⁴Assistant professor, Parul Institute of Nursing, Parul university, Vadodara;

Email: ¹chauhanmilan196@gmail.com, ²kajal8809@gmail.com, ³abhay.pattan@gmail.com, ⁴prafuldamor777@gmail.com

***Corresponding author:** Mr. Milankumar J Chauhan ,
Assistant professor,Department of community health nursing,parul institute of nursing,paruluniversity,Vadodara,india.

Abstract: Background: According to the Red Cross' society, millions are injured and hurt every year around the world on account of lack of timely medical assistance, however, with knowledge of first aid, one can easily prevent this by providing care while waiting for professionals. This can help reduce deaths and injuries, as well the impact of calamities, disasters and daily emergencies by a great deal

Aims: Assess the level of knowledge regarding first aid management before the implementation of the structured training program,Assess the level of knowledge regarding first aid management after the implementation of the structured training program and Find the association of pre-test knowledge score regarding first aid management with the selected socio-demographic variables.

Methods: A pre-experimental, one group pre-test-post-test research design will be used for the study. A non-probability Purposive sampling technique was used to select 100 commercial drivers for the sample. Self-structured knowledge questionnaires were distributed to gauge the level of First aid knowledge before and after implementation of the structured training program.. To analyse the collected data, descriptive and inferential statistics were health care workers.

Result:The pre-test and post-test knowledge scores differed significantly, as shown by the paired t-test value of 22.643 Therefore, a structured training programme may be a helpful way to improve commercial drivers ' understanding of first aid , according to statistical inference.

Conclusion: The implementation of structured training program, according to the study's results, significantly improved topic knowledge.

Keywords: Effectiveness, knowledge, structured training program, first aid, commercial drivers

1. Introduction

First aid is the first assistance or treatment given to a casualty or a sick person within a short period of time for any injury or sudden illness before the arrival of an ambulance, a qualified paramedical or medical person or before arriving at a facility that can provide professional medical care.The aims of first aid are: To preserve life; To prevent the worsening of one's medical condition; To promote recovery; To help to ensure safe transportation to the nearest healthcare facility.^[1]

According to the Red Cross' society, millions are injured and hurt every year around the world on account of lack of timely medical assistance, however, with knowledge of first aid, one can easily prevent this by providing care while waiting for professionals. This can help reduce deaths and injuries, as well the impact of calamities, disasters and daily emergencies by a great deal.^[2]

The first ten minutes of an injury is critical in saving a life. Prompt and early management of the injury is important and of vital importance. First aid is a factor that reduces damage to health and loss of life in traffic accidents. It is therefore necessary to make even the lay population ready to give at least basic first aid.^[3]

The results of a case study conducted in Chennai, India showed that 1/3 of the annual hospitalizations were from trauma and acute coronary syndromes in which half of the trauma victims received no formal prehospital intervention.^[4]

According to a report published in The Times of India, Hyderabad in 2019, about 40% of road accident victims died due to excessive bleeding and in cases of fracture injuries, bystanders added to the injury while putting the patient into auto and car.^[5]

2. Materials and Methods

This study used a quantitative research Approach and Pre-experimental research design , One group pre-test-post-test. The sample size for this study was 100. For sample selection, a preference sampling method with Non-probability purposive sampling technique was employed.. In this research, the population was Commercial drivers who are working in Parul University at The study's sample criteria Inclusive Criteria Those who are working in Parul University campus, Vadodara, Gujarat and Exclusive criteria and Those who have undergone training in first aid in the recent past (6 months) , Those who are not present at the time of data collection. The self-structured Knowledge Questionnaire was a tool used in this research. Utilizing both descriptive and inferential statistics, the collected data were examined. The study was approved by the ethical committee at Parul University in Vadodara. Participants were asked for their written permission while being assured of privacy.

3. Result

The data analyzed is organized and presented under following Headings:

PART-1: Description of Demographic Characteristics of Commercial Driver.

The result shows that According to the age, 40% of commercial driver belong to 18-28 years, 50% of commercial driver belong to 29-38 years, 5% of commercial driver belong to 39-48 years, 5% of commercial driver belong to 49-56 years. Where in religion variable, 73% of commercial driver are hindu, 16% of commercial driver are muslim, 11% of commercial driver are Christian. As per the marital status 78 % of commercial driver are married, 11% of commercial driver are single, 9% of commercial driver are divorced and 2% of commercial driver are widowed. As mentioned of Educational status 81% of commercial driver under primary education and 19% of commercial driver under secondary education., In types of residential area variable, 48% of commercial driver belong from urban , 51% of commercial driver belong from rural and 1% of commercial driver belong from slum. As stated of income status 82% of commercial driver their income under 8000-10000 and status 18% of commercial driver their income above 10000.

PART-2: Description of Pre-Test Level of Knowledge Score of Commercial Driver.

Table no-1 Frequency ,Score range,mean,SD OF Pre-Test Level Knowledge Score of Commercial Driver.
n=100

LEVEL OF KNOWLEDGE	FREQUENCY (f)	SCORE RANGE	MEAN	SD
POOR	21	1.00	1.7900	0.409
AVERAGE	79			
GOOD	00			

Table 1 Shows that before given Structured training programme 21 commercial driver had poor knowledge, 79 of commercial driver had Average knowledge and no any of commercial driver had Good knowledge regarding first aid and the score range was 1.00 ,mean was 1.7900 and SD was 0.409.

PART-3: Description of Post-Test Level of Knowledge Score of Commercial Driver.

Table no-2 Frequency ,Score range,mean,SD OF Post-Test Level Knowledge Score of Commercial Driver.
n=100

LEVEL OF KNOWLEDGE	FREQUENCY (f)	SCORE RANGE	MEAN	SD
POOR	00	1.00	2.900	0.3015

AVERAGE	10			
GOOD	90			

Table 2 Shows that after given Structured training programme no any commercial driver had poor knowledge,10 of commercial driver had Average knowledge and 90 of commercial driver had Good knowledge regarding first aid and the score range was 1.00 ,mean was 2.900 and SD was 0.3015.

PART-4: Description of Association of Pre-Test Level of Knowledge Score of Commercial Driver with Selected Demographic Variable

The association between pre test level of knowledge of commercial driver with selected demographic variable which was tested by using Chi-square test. The Chi- square value Not revealed that Age, Religion, Marital Status, Educational Status, Residencial Area, Monthly income where found **Statistically Non significant** Association at $p < 0.05$ Level With Pre-test Level of Knowledge Score.

4. Discussion

The findings of this study highlight the effectiveness of structured training programs in enhancing first aid knowledge among commercial drivers. By equipping individuals with the necessary skills to respond effectively to medical emergencies, such programs have the potential to mitigate the impact of accidents and injuries, ultimately contributing to improved public health outcomes. Future research could explore the long-term retention of first aid knowledge among commercial drivers and assess the effectiveness of different training methodologies in diverse settings.

Conclusion: In conclusion, the findings of this study underscore the importance of targeted training programs in enhancing first aid knowledge among commercial drivers. By addressing gaps in knowledge and improving preparedness to respond to medical emergencies, such programs have the potential to save lives and reduce the impact of accidents and injuries in various settings. Further efforts are needed to ensure widespread access to such training programs and to evaluate their long-term effectiveness in improving public health outcomes.

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Conflict Of Interests

The authors have affirmed that there are no conflicts of interest.

Author’s Contribution

Ehicalpermission,datacollection,dataanalysed done by corresponding author and Supervision,guidance,validation done by secondary author.

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