

Assessment of Nursing Student's Awareness toward First Aid: Suggested Curriculum

Thesis

Submitted for Partial Fulfillment of the Requirement of Master Degree
Critical Care Nursing

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□ فَأَلُوا سُبْحَانَكَ

□ لَا عِلْمَ لَنَا

□ إِلَّا مَا عَلَّمْتَنَا

□ إِنَّكَ أَنْتَ

□ الْعَلِيمُ الْحَكِيمُ

□ صِرَاحُ اللَّهِ الْعَظِيمِ

□ سُورَةُ الْبَقَرَةِ (آيَةُ ٢٢)



*First and foremost, I feel always indebted to **Allah**, the kindest and the most merciful for the all his blessings and for giving me the will and strength for completion of this work.*

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Dedication

To my mother

To my husband

To my all family

To my colleague

*For their help, encouragement,
love and continuous support.*

I dedicate this work,

Nora Nasr

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List of Abbreviations

Abb.	Full term
EMS	: Emergency Medical Services
AHA	: American Heart Association
ILCOR	: International Liaison Committee On Resuscitation
IFRC	: International Federation of Red Cross and Red Crescent societies.
CPR	: Cardio Pulmonary Resuscitation
AED	:Automated External Defibrillator
FBAO	:Foreign Body Airway Obstruction
ER	:Emergency Room
NMC	:Nursing and Midwifery Council
MWD	:Merriam Webster Dictionary
BLS	:Basic Life Support



Abstract



ABSTRACT

Accidents and illness can sometimes be life-threatening, where there is very little time for an aider to react and prevent permanent disabilities or even death. So first aid is first help required in almost all instances of disaster and dangers to save life and prevent injury from becoming worse. Aim of the study: This study aimed to assess nursing students' awareness toward first aid. Design: a descriptive design. Setting: this study was conducted in Ain Shams University hospital, Aldemerdash hospital, pediatric hospital, academic heart institute and Cleopatra hospital. Research subject: a convenience sample include 130 internship year nursing students - at Faculty of Nursing in Ain Shams University. Data collection: Students' self-administered questionnaire and Students' observational checklist. Result: the study showed that (59.2%) of nursing students had unsatisfactory scores of knowledge regarding to first aid measures, only (55.4%) of them had satisfactory practice level toward first aid measures, and (58.46%) of had positive attitude toward first aid. Conclusion: Only less than half of nursing students under study had satisfactory scores of knowledge level. While, slightly more than half of them had satisfactory scores of practice and positive attitude toward first aid measures. Furthermore, there were statistically significant relation between total satisfactory scores of knowledge, practice & attitude of nursing students. Recommendation: First aid and basic life support should be an integral part of all nursing faculties curricula to ensure that nursing student could grasp enough knowledge and performance that necessary to help people in emergency situations.

Keywords: first aid, awareness, nursing students.



INTRODUCTION AND AIM OF THE STUDY



INTRODUCTION

First aid is applied to injured or ill persons in any health threatening settings in order to save life, prevent degradation of the situation or contribute to a treatment process before professional medical care is available. This refers to assessments and interventions that can be performed by a bystander (or by the victim) with minimal or no medical equipment. The aim is to prevent the condition worsening, protect from further harm, aid recovery and preserve life (**Markenson, Ferguson, Chameides, Cassan, Chung, Epstein, Gonzales, Herrington, Pellegrino, Ratcliff and Singer, 2010**).

Accidents and illness can sometimes be life-threatening, where there is very little time for an aider to react and prevent permanent disabilities or even death, so first aid is first help required in almost all instances of disaster and dangers to save life and prevent injury from becoming worse (**Maheshwari, 2012**).

We see road traffic accidents pose a global health, economic and social crisis. Each year, road traffic accidents kill more than a million men, women and children around the world. Tens of millions more are injured, some of whom become permanently disabled. In Egypt, road traffic accidents are the leading cause of death for persons aged 5 to 25 years. Many deaths could be prevented if first aid was given at the scene, before emergency services arrive (**Mock, 2011**).

Worldwide, the total number of road traffic deaths and injuries are expected to increase by some 65% between 2000 and 2020, injury sustained from violence and conflict is also a substantial concern in the region. This has further highlighted the need for robust emergency services (EMS) as emergency treatment becomes a priority for populations in the midst of conflict and natural disaster that have dramatically heightened the demand for EMS (**Maheshwari, 2012**).

At some point in a medical curriculum; students are taught how to handle emergencies in a hospital emergency setting where drugs and other necessities are available. However, the adequate knowledge required for handling an emergency without hospital setting of the site of the accident or emergency may not be sufficient **(Khan, Shaikh, Shuaib, Sattar, Samani and Shabbir, 2010)**.

Overall knowledge of first aid among medical, dental, nursing colleges is very poor and needs to be improved. Hence, if a formal first aid session is introduced into a medical curriculum, this will provide students with sound knowledge and practical skills as proven by a United Arab Emirates based study, this should be complimented with hands-on experience or activities in order to increase students' experiences in practical procedures during medical school. **(Joseph, Kumar, Babu, Nelliyanil and Bhaskaran, 2014)**.

The willingness of students to be trained in first aid skills and their agreement in favor of introduction of such training from school level onwards was similar to findings of Karachi study where 94.4% health students wanted first aid training to be part of their curriculum while, 84% suggesting that it should be part of pre-university curriculum. Another advantage of training students in first aid would be that they can be successful peer first aid trainers for others as opinioned by 97.7% health students in Altıntaş study and Turkish study. These measures will ensure that an increased number of first aid trainers are available at a time of any calamity faced by the people **(Joseph et al., 2014)**.

Significance of study:

Every day we are at risk of being involved in a natural disaster or accident, whether work related or while we are driving down the road, the following reasons showing how important to learn first aid; as 80% of cardiac arrests happen in the home, only 6.4% of cardiac arrest victims survive because people witnessing the incident have performed cardiopulmonary resuscitation (CPR), over 200,000 people die of sudden cardiac arrest every year, 50,000 of the 200,000 deaths yearly could be prevented, for every minute that an automatic external defibrillator (AED) is unavailable, the victim has a 10% fewer chances of survival and if CPR is given within the first four minutes of a cardiac arrest, the chances of survival double **(Pearn, 2010)**.

In Egypt, the annual report of the car accidents and trains revealed the rise in car accidents and the toll of the dead and injured on the roads, bringing the number of car accidents to 14548 in 2015 versus to 14403 incident in 2014, which resulted in the 6203 dead, 19,325 injured, 19116 damaged vehicles. As well as the number of train accidents reached 1235 incident in 2015 versus 1044 incident in 2014, a rise of 18.3% **(Central Agency for Public Mobilization and Statistics, 2015)**. Unfortunately, Egypt occupied the highest rate in the mortality of road accidents in the world at the rate of 41.6 per 100,000 people, according to a survey by the Organization has been initiated since 2012 and ends in 2014 and included 178 countries **(World Health Organization¹, 2015)**

The knowledge of first aid, when properly applied, can make difference between temporary or permanent injury, rapid recovery or long-term disability, as well as the difference between life and death **(Alton and Steven, 2012)**. Studies have found that the knowledge of first aid among health students has always been a neglected subject. Hence, it should not be surprising to note that even junior physicians at certain hospitals cannot perform the first aid skills satisfactorily **(Tan, Severien, Metz, Berden, and Biert, 2010)**.

As the incidences of medical emergencies are on the rise in recent years, it is important to ensure that health personnel are adequately trained to deal with such events. Very few studies have been performed about knowledge of first aid skills among health students **(Bildik, Kilicaslan, Dogru, Keles, and Demircan, 2011)**.