

The Effectiveness of Structured Teaching Programme on First Aid Management of Minor Ailments

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Abstract

The research approach adopted for the study was “one group pre test and post test design”. In this study independent variable is structured teaching in the students of B.Sc. (N) 1st year. The study was conducted in Gowdavally ,Secunderabad. The population for the present study of 100 students who were selected using convenient sampling. The data was collected with the help of structured questionnaire. The tool was given for content validity to various experts from nursing. The study was conducted for main study for 12-04-23 to14-04-23 .Using convenient sampling technique,50 samples were selected who fulfill the inclusion criteria. The researcher introduce themselves to the students and obtain consent from its subject after assuring confidentiality. Then the students were given pre test using structured questionnaire regarding first aid management for minor ailments. Then the structured teaching was given by the investigators, followed by the post test knowledge is assessed by structured questionnaire.

Key words: injuries ; burns ; strokes

Introduction:

Life is characterized by a precarious twist terms and risky conditions that emerge all the time. All throughout the Globe, people suffer from heart attacks, loss of consciousness, severe wounds, surface injuries ,burns ,strokes and many more. Along with this, drowning incidence are more common among children. The high mortality associated with them can be easily prevented most of the times by some very simple maneuvers and skills like mouth to mouth and mouth to nose respiration which were among the earliest resuscitation efforts using artificial respiration.

First aid is the immediate action taken to save a life and reduce the effects of injury and illness until medical help is obtained. First aid provider should be able to handle the situation without panicking. It is of utmost importance that they are equipped with sufficient knowledge and skills to save a life in case of emergencies.

No matter how careful we are, we cannot totally avoid minor accidents that happen at home. We regularly encounter some minor injuries at home and our inability to properly manage them can lead to complications.

As a health care provider you need to develop skill in caring for the individual, the family and community in health and sickness. As a community health nurse and member of primary health care team you have the responsibility to deal with accidents and minor ailments

in the community.

First aid is the initial treatment and care given to an injured person before the arrival of a doctor to stop the injury from worsening; promote recovery, and preserve life. The interval between the injury and the arrival of a doctor is important. This little interval can mean the difference between life, more complications and death.

A Minor Ailment Scheme is a service provided by pharmacies for the National Health Service, first established in England in 2008.

Treatment is provided for conditions such as acute coughs, diarrhea, earache and simple eczema in children. It is designed to enable people with minor health conditions to access medicines and advice they would otherwise visit their doctor for. The Minor Ailment Service was introduced by NHS Scotland covering all pharmacies in 2006, but was available only to “people who meet certain age, health, and social criteria” - under-16s, under-19s in full-time education, over-60s, individuals on Job seeker's Allowance and asylum seekers - about 60% of the Scottish population. In September 2018 it was announced that the scheme would be redesigned and extended to the whole population. Almost 90% of patients surveyed on their use of the scheme said their consultation experience was “excellent”. 29% of consultations were for treatment of an allergy, 16% for skin conditions, 11% for gastrointestinal issues, 10% for infections, 8% for respiratory problems and 7% for musculoskeletal pain.

The scheme is to be replaced by the NHS Pharmacy First scheme in

July 2020. In Northern Ireland, the scheme cost £6,366,089 for medicines supplied, and £7,830,424 for fees paid to community pharmacies providing the service from 2013 to 2017. The largest amount, £1,201,495, was spent on Hedrin lotion for the treatment of head lice.

In England, these services are commissioned by individual Clinical Commissioning Groups. Schemes vary. Prescriptions are only provided free of charge if the patient is exempt from paying prescription charges. The Derbyshire Joint Area Prescribing Committee announced in June 2018 that it was decommissioning its scheme, called Pharmacy First, on which they had spent £3 million in 2015/2016, much of it on over-the-counter medicines, which do not need a prescription, and which came within the scope of NHS England's blacklist. In the same month Dudley CCG established a new Pharmacy First with 43 participating pharmacies. 23 schemes in England were decommissioned between 2015 and 2018 and a scheme covering 14 London boroughs will shut in March 2019 leaving schemes operating in only 43% of areas. The median annual spend per scheme is £86,837. A new scheme exclusively for people who are "socially vulnerable" is being planned for London, but it is not yet clear who will be eligible.

First Aid Better Than Last

Minor ailments are generally defined as medical conditions that will resolve on their own and can be reasonably self-diagnosed and self-managed with over-the-counter medications. Examples of minor ailments include headache, back pain, insect bites, heartburn, nasal congestion, etc.

Different studies were conducted in different parts of India regarding self-medication and related issues, but most of these studies utilize consumer's perspective, while the role of community pharmacy professionals in the management of minor ailments and the potential barriers in service delivery are usually overlooked. The aim of the present study was, therefore, to document the involvement of community pharmacists in the management of minor ailments and explore potential barriers and gaps that hindered the provision of such services.

First aid training is the value of both preventing, treating sudden illness and accidental injury and in caring for large number of persons caught in a natural disaster. Injuries are a major but neglected public health challenge that requires concerted efforts for effective and sustainable prevention. All the system which people have to deal every day, road traffic systems are the most complex and the most dangerous.

Safety and security are of paramount importance in a college environment. College life is a remarkable period in an adolescent's life where each of them faces a whole world. They focus on their study including their examinations as well as many extracurricular activities include music, singing, dancing and sports. In the field of sports, many adolescent children involve themselves in relays, basketball, football, cricket, short put, javelin and also in other competitive games. Thus many of these children are prone to get injuries from these.

According to World health Organization statistical report in 2012, about 1.3 million people die each year as a result of road traffic crashes. Injuries are the leading cause of death among young people aged 15-29 years. Over 90% of the world fatalities on the roads occur in low income and middle income countries, even though these countries have less than half of the world's vehicles. Nearly half 46% of those dying on the world's roads are vulnerable road users, pedestrians, cyclists and motorcyclists. Without action, road traffic

crashes are predicated to result in the deaths of around 1.9 million people annually by 2020. Only 15% of countries have comprehensive laws relating to five key risk factors like speeding, drinking, driving, the use of motorcycle helmets, seat belts and child restraints.

India is a home to almost 19% of the world's children. More than one third of the country's population and around 480 million (54% of the population) of children is below the age of 25 years. Children are the future of any nation and the healthy existence of children is essential to build up a challenging nation. India is the home to nearly 500 million young people. Among those young people 37% are children less than 15 years.

The nurse being one among the member of the healthcare team can act as a facilitator and support in developing the potential abilities of the students. Hence, the investigator felt that there is a need of preparing a training program regarding the selected first aid measures which will help them to have gain adequate knowledge, self confidence and motivation regarding selected first aid measures. KATHMANDU, Nepal — Globally, more than 1.3 million people die in road traffic accidents every year. But the vast majority of these deaths happen in low- and middle- income countries and 17 percent of these deaths occur in India alone.

Methods:

Hypothesis

Hypothesis is an assumption statement about relation between two more variables under investigations.

Research Hypothesis:-

- H1: There will be a significant difference between pre-test and post-test knowledge scores of first aid management practices.
- H2: There will be a significant association between knowledge levels of with their selected demographic variables.

The conceptual framework for this study is based on Imogen king's goal attainment model (1971).

Conceptual models deal with concepts that are used as building blocks and provide a conceptual perspective regarding interrelated phenomena which are closely structured.

The central focus of Imogen king's frame work is man as a dynamic human being whose perception of objects, persons and events influence his behavior, social interaction, and health. Imogene King's conceptual frame work includes three interacting systems which each system having its own distinct group of concepts and characteristics. These systems include personal systems, interpersonal systems, and social systems. The personal system refers to the individual. The concepts within the personal system and fundamental in understanding human beings are perception, self, body image, growth and development, time and space. Imogene King (1981) viewed perception as the most important variables because perception influences behavior king summarized the connections among the concepts in the following statement. An individual's perception of self, body image, time and space influence the way he or she responds to persons, objects and events in his or her life. As individuals grow and develop through the life span, experience with changes in structure and function of their bodies over time influence their perception of self, interpersonal systems involve individuals interacting with one another. King refers to two individuals as small or large groups.

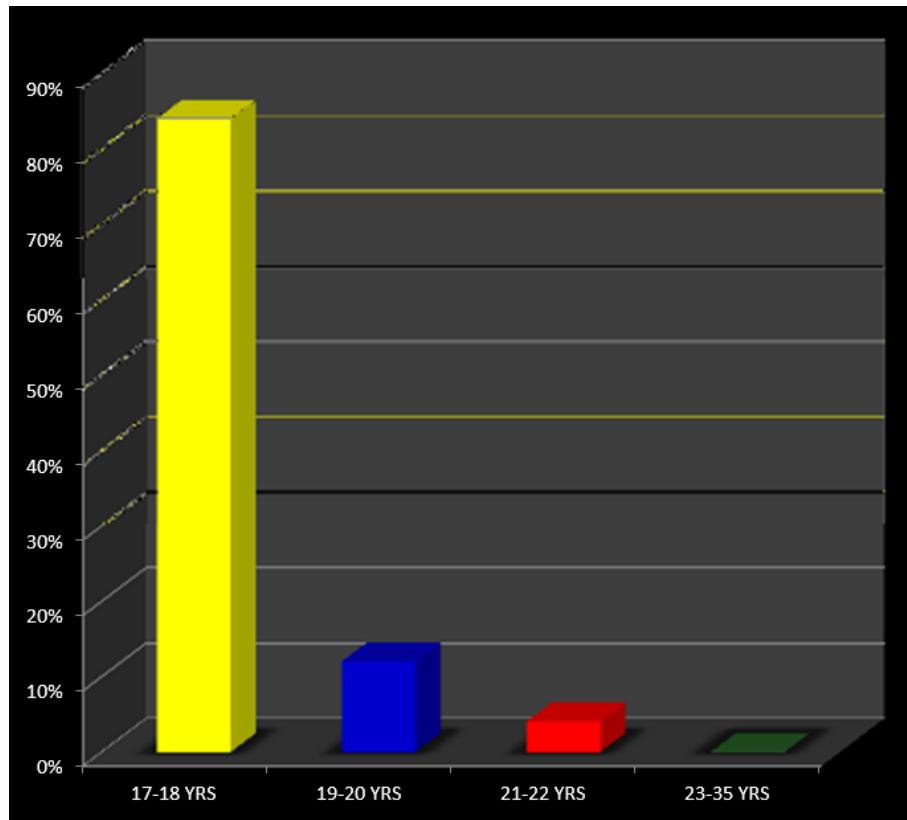


Figure 1: Percentage Distribution of The Students According To Their Age

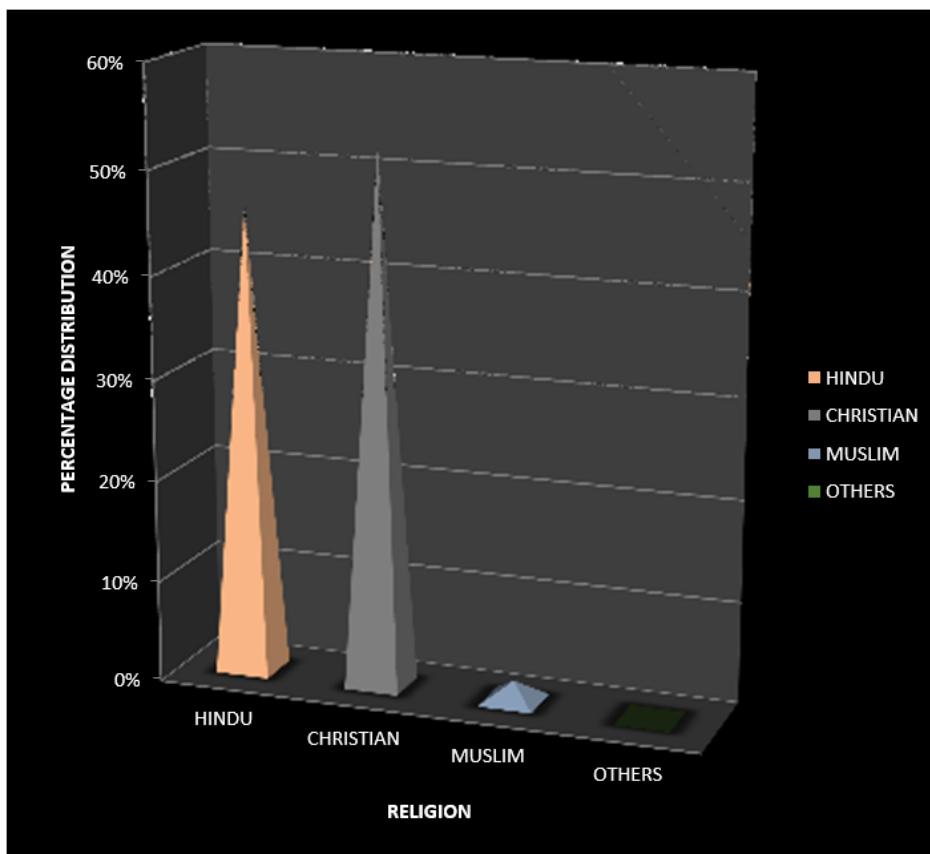


Figure 2: percentage distribution of students according to their religion

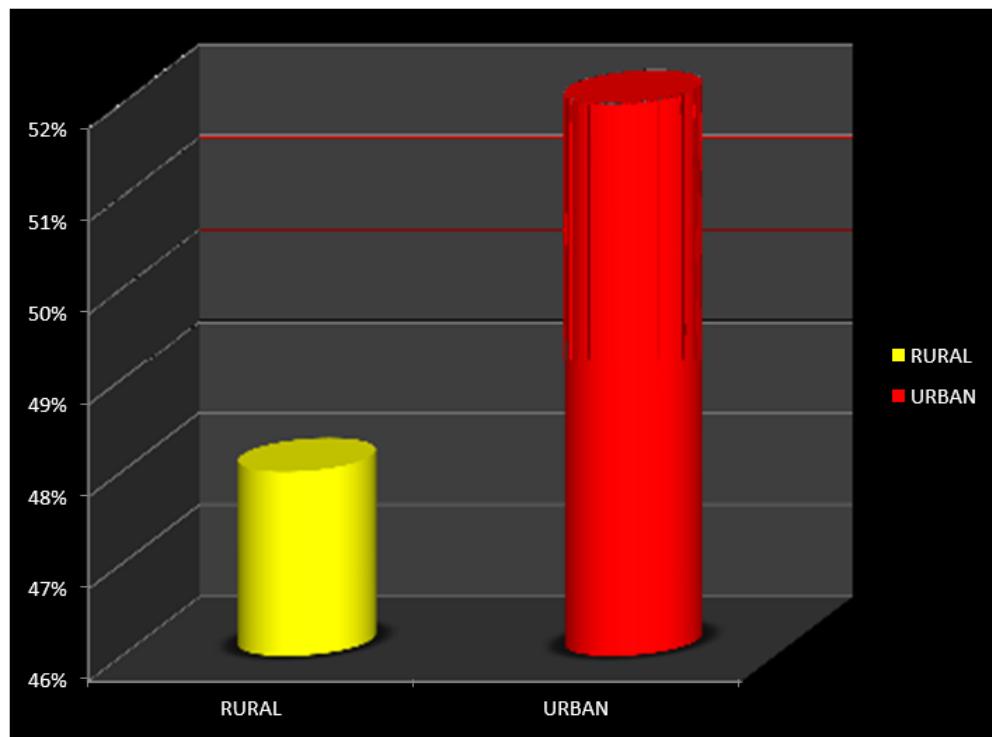


Figure 3: percentage distribution of students according to the type of community

DEMOGRAPHIC DATA	FREQUENCY	PERCENTAGE
AGE		
17-18 YRS	42	84%
19-20 YRS	6	12%
21-22 YRS	2	4%
23-35 YRS	0	0
RELIGION		
HINDU	23	46%
CHRISTIAN	26	52%
MUSLIM	1	2%
OTHERS	0	0
RESIDENCE		
RURAL	24	48%
URBAN	26	52%

Table1: frequency and percentage distribution according to their age, religion, place of residence

The table 1 shows that 84% of the students were from the age group of 17-18 years, 12% of the students were from the age group of 19-20 years, 4% of the students were from the age group 21-22 years.

46% of students were Hindu, 52% students were Christian and 2% students were Muslims. 52% of the students belongs to urban community and 48% of students belong to rural community.

DEMOGRAPHIC DATA	FREQUENCY	PERCENTAGE DISTRIBUTION
DO YOU HAVE ANY PREVIOUS KNOWLEDGE REGARDING FIRST AID MANAGEMENT PRACTICES?		
YES	6	12%
NO	46	88%
IF YES, SOURCES ARE		
COLLEGE	1	17%
MASS MEDIA	4	67%
PRINTED SOURCES	1	16%

Table 2 : frequency and percentage distribution according to previous knowledge on first aid management of minor ailments.**Conclusion:**

The gain in knowledge after the administration of structured teaching programme .

There was a significant increase in the knowledge of B.Sc.(N) 1st year students after the administration of the structured teaching programme. It is concluded that the administration of the structured teaching programme increased the knowledge of B.Sc.(N) 1st year students on first aid management. Hence the knowledge gained by B.Sc.(N), 1st year student may be utilized to maintain the good health and keep away the diseases. So that they can maintain good quality of life

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