

A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF KNOWLEDGE ON CARDIOPULMONARY RESUSCITATION(CPR) AMONG PEOPLE RESIDING IN THE RURAL AREA OF KANJEETUKARA,PATHANAMTHITTA DISTRICT.

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ABSTRACT

Cardiopulmonary Resuscitation (CPR) Is A Lifesaving Procedure Used During Cardiac Arrest. A Descriptive Study Was Conducted Among 30 Rural Residents of Kanjeettukara, Pathanamthitta District, To Assess Their Knowledge Regarding CPR And Its Association with Selected Demographic Variables. Data Were Collected Using a Structured Questionnaire and Analysed Using Descriptive and Inferential Statistics. The Findings Revealed That 20% Of Participants Had Good Knowledge, 70% Had Average Knowledge, and 10% Had Poor Knowledge Regarding CPR. No Significant Association Was Found Between Knowledge Scores and Demographic Variables. The Study Concluded That There Is a Need for Health Education and Training Programs to Improve CPR Knowledge and Enhance Emergency Response Among Rural Residents.

INTRODUCTION BACKGROUND OF THE STUDY

Cardiopulmonary resuscitation (CPR) is a vital emergency procedure used to maintain blood circulation and oxygen supply to the brain and other vital organs during cardiac arrest. Immediate initiation of CPR can significantly increase the chances of survival and reduce the risk of permanent brain damage. According to international resuscitation guidelines, early recognition of cardiac arrest and prompt bystander CPR are key components of the chain of survival.

Cardiovascular diseases remain one of the leading causes of death worldwide, and many cardiac arrests occur outside hospital settings. In such situations, the availability of trained bystanders can make a critical difference in patient outcomes. However, awareness and knowledge regarding CPR among the general public are often inadequate, particularly in rural areas where access to emergency medical services may be delayed. Therefore, assessing the knowledge regarding CPR among rural residents is essential to determine their preparedness to respond effectively during emergencies and to identify areas requiring educational intervention.

NEED FOR THE STUDY

Cardiac arrest is a major public health concern, and survival largely depends on the immediate initiation of CPR before professional medical help arrives. Rural populations are at greater risk due to longer emergency response times, limited healthcare facilities, and lack of access to CPR training programs. Insufficient knowledge and misconceptions regarding CPR can prevent timely intervention and reduce the chances of survival.

Pathanamthitta district, which includes important pilgrimage centres and rural communities, experiences large public gatherings and medical emergencies where CPR knowledge can be lifesaving. Assessing the level of knowledge regarding CPR among people residing in rural areas of kanjeettukara can help identify existing knowledge gaps and educational needs. The findings of the study can serve as baseline information for planning community awareness programs, organizing CPR training sessions, and promoting emergency preparedness. Improving CPR knowledge among rural residents can contribute to early intervention, better emergency response, and reduced mortality and morbidity associated with cardiac arrest.

STATEMENT OF THE PROBLEM

A descriptive study to assess the level of knowledge regarding cardiopulmonary resuscitation among people residing in the rural area of kanjeettukara, Pathanamthitta district.

OBJECTIVES OF THE STUDY

1. To assess the level of knowledge regarding cardio pulmonary resuscitation among people residing in the rural area.
2. To find the association between level of knowledge and selected sociodemographic variable.

OPERATIONAL DEFINITIONS

Assess: measurement of the level of knowledge regarding CPR among people residing in kanjeettukara using a structured questionnaire.

Knowledge: understanding and awareness regarding CPR, including its purpose, indications, steps, and basic life support procedures.

Level of knowledge: the degree of understanding regarding CPR as determined by the score obtained in the structured questionnaire.

Cardiopulmonary resuscitation (CPR): an emergency lifesaving procedure involving chest compressions with or without rescue breaths to maintain circulation and oxygenation during cardiac arrest.

People: individuals aged 18 years and above residing in kanjeettukara, Pathanamthitta district.

Rural area: the village area of kanjeettukara under Pathanamthitta district administration.

ASSUMPTIONS

1. Residents of kanjeettukara have varying levels of knowledge regarding CPR.
2. Knowledge regarding CPR may differ according to selected sociodemographic variables.
3. Rural residents may have limited access to CPR training programs.
4. Adequate knowledge regarding CPR can improve emergency response and survival during cardiac arrest.

RESEARCH METHODOLOGY

Research methodology refers to the systematic methods and procedures used to conduct a research study. It includes the research approach, design, population, sample, data collection, and statistical analysis. The present study was conducted to assess the level of knowledge regarding Cardiopulmonary Resuscitation (CPR) among people residing in the rural area of Kanjeettukara, Pathanamthitta district. □

RESEARCH APPROACH

A quantitative research approach was used in this study to collect numerical data regarding knowledge of CPR among rural residents.

RESEARCH DESIGN

The study adopted a descriptive research design to assess the existing level of knowledge regarding CPR without manipulating any variables. □

POPULATION AND SAMPLE

The population of the study consisted of people residing in the rural area of Kanjeettukara, Pathanamthitta district. A sample of 30 rural residents was selected using a convenient sampling technique. □

DATA AND SOURCE OF DATA

The study used primary data, which were collected directly from the participants. Data were gathered using a structured questionnaire consisting of socio-demographic variables and knowledge-related questions on CPR.

STATISTICAL TOOLS

Statistical tool are those tools by which statistical methods are applied. Statistical tool helps with data sorting, to identify and remedy issues with the quality of data through various data sorting methods. The most well-known statistical tool are mean, median, mode, range, dispersion, standard deviation, coefficient of variation etc....

DESCRIPTIVE STATISTICS

Descriptive statistics were used to summarize and present the data. Frequency, percentage, mean, and standard deviation were used to describe the demographic variables and knowledge scores of the participants.

RESULTS AND DISCUSSION

DISTRIBUTION OF SAMPLE ACCORDING TO SOCIO DEMOGRAPHIC VARIABLES

DEMOGRAPHIC VARIABLE	FREQUENCY(f)	PERCENTAGE
AGE		
• 18_30	8	26.7%
• 31_45	11	36.7%
• 46_60	11	36.7%
GENDER		
• MALE	13	43.30%
• FEMALE	17	56.70%

EDUCATIONAL QUALIFICATION		
• SSLC	14	46.7%
• PRE-DEGREE	5	16.60%
• DEGREE	11	36.70%
JOB		
• SELF JOB	12	40%
• PRIVATE JOB	12	40%
• GOVERNMENT JOB	6	20%
FAMILY TYPE		
NUCLEAR JOINT GRAND	24	80%
	3	10%
	3	10%
PREVIOUS KNOWLEDGE		
YES NO	9	30%
	21	70%
LEVEL OF KNOWLEDGE		
GOOD	6	20%
AVERAGE POOR	21	70%
	3	10%

NURSING IMPLICATIONS

THE FINDINGS of present descriptive study generate implications to the health care delivery system. it has implications in nursing practise,nursing administration,nursing education and nursing research.

NURSING PRACTICE

1. Nurses can assess the level of knowledge regarding cardiopulmonary resuscitation (CPR) among people in rural areas.
2. Nurses can identify gaps in knowledge and provide appropriate health education on CPR techniques.
3. Community health nurses can promote awareness about emergency care and encourage immediate response during cardiac arrest situations.
4. Nurses can conduct demonstrations and hands-on training to improve CPR skills among the public.

NURSING EDUCATION

1. The findings of the study can be used to strengthen the nursing curriculum related to CPR and emergency care.
2. Nursing students can be trained to educate rural populations about CPR through community postings.
3. Continuing education programs can be organized for nurses to update their knowledge and skills in CPR.

NURSING ADMINISTRATION

1. Nurse administrators can organize regular CPR training programs and workshops in rural communities.
2. Policies can be implemented to include CPR awareness programs as part of primary health care services.
3. Adequate manpower and materials can be arranged for effective community-based teaching programs.

NURSING RESEARCH

1. The study can provide baseline data for further research on CPR knowledge among different populations.
2. Future studies can evaluate the effectiveness of educational interventions on improving CPR knowledge.
3. Comparative studies can be conducted between different demographic groups to assess variations in CPR awareness

LIMITATIONS

1. Sample size was small ;this limits the generalization of the Study.
2. The study included only people residing in rural areas.
3. The study was limited to the selected areas Of Kanjeetukara in Pathanamthitta District.

RECOMMENDATIONS

1. Similar Study Can Conducted Among Large Sample to Generalize the Findings.
2. Similar Study Was Conducted Among Different Localities.
3. There is a Need to Explore Many Similar Studies in Different Settings.

CONCLUSION OF THE STUDY

The study was aimed to assess the level of knowledge among people residing in rural areas and to find out the association between level of knowledge among people residing in rural areas and selected socio demographic variables.

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