

# Effect of STP on First Aid Management and Prevention for Chocking in Children

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## Abstract

The present study was Effectiveness of structure teaching programme on knowledge regarding first aid management and prevention for chocking in children among caregivers of under five children. Objective: To evaluate the effectiveness of structure teaching programme on knowledge regarding first aid management and prevention for chocking in children among caregivers of under five children at selected rural areas. Methodology: Research, Design-experimental descriptive design, sampling technique- Purposive sampling, Research Setting- selected Community areas Result: Here we can discuss about the effectiveness of structure teaching programme on knowledge regarding first aid management and prevention for chocking in children among caregivers of under five children as per set the criteria for poor, average and good. With regard to scores, 0 (0%) care giver had poor knowledge, 11 (55%) care giver had average knowledge and 9 (45%) care giver had good knowledge in Pretest but after giving the Structure teaching Programme the score was 0 (0%) care giver had poor knowledge, 17 (85%) care giver had average knowledge and 03 (15%) care giver had good knowledge in Post-test.

**Keywords:** Care giver; First aid; Prevention; Chocking; Structure Teaching Programme; Under Five Children; Community.

## INTRODUCTION

*Children embody all we cherish: innocence, forgiveness, friendliness, joy, caring & sharing, creativity & unconditional love.*

Choking or acute airway obstruction is the emergency condition which is usually first dealt by general public and only then by health professionals. It has been documented in literature that educating the public about choking hazards and its management can positively affect the incidence of choking events and mortality<sup>1-6</sup>.

According to WHO, etiology of choking varies according to the age group and different preventive and management strategies are required for different age groups to tackle this problem. Public should be educated about the problem of choking through mass media. Parents, child care givers, School personals must be trained so that a healthy child does not lose their life because of easily preventable causes. Education and awareness remains the most important weapon in preventing this fatal events<sup>7</sup>.

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## BACKGROUND

Food items are the second most common cause of aspiration and the most frequent offenders are nuts, grapes candies, and marshmallows, large number of peanuts, butter or with pits or seeds<sup>8</sup>.

Choking is a leading cause of injury and death among children, especially those younger than 4 years of age. The majority of choking that happened in children occurs unintentionally with food, coins, and toys that block the airway and prevent oxygen from getting to the lungs and the brain. The mothers are considered the primary caregiver for their children so they should be educated well about how to deal with the choking child to reduce the incidence of death from choking. So, the current study aimed to evaluate the effect of educational Program about first aid and the prevention of choking for mothers of preschool-age children<sup>9-10</sup>.

## NEED OF THE STUDY

A foreign body in the airway (choking) constitutes a medical emergency and requires immediate attention. The foreign body can get stuck in many different places within the airway. According to the American Academy of Pediatrics, death by choking is a leading cause of death and injury among children younger than 5years of age. Choking is a life-threatening medical emergency, because the brain can only survive a few minutes without oxygen. First aid can save the life of a choking of under five children if applied correctly and immediately. It is a very common in under five children<sup>11-14</sup>.

Mothers are responsible for providing a safer home environment, taking precautionary measures, and auditing the safety of children's living places while closely supervising them. At home, mothers are always in direct contact with their children, especially from infancy until preschool. Children are the most affected age group by home and traffic accidents. Parents, as the primary caregiver to their children, play an important role in saving their lives during an accident, therefore, more attention should be focused to assess and improve the parents' knowledge and skills of first aid.

## PROBLEM STATEMENT

Effectiveness of structure teaching programme on knowledge regarding first aid management and prevention for chocking in children among caregivers of under five children at selected community areas of city.

## OBJECTIVES OF THE STUDY

### Primary objective

1. To evaluate the effectiveness of structure teaching programme on knowledge regarding first aid management and prevention for chocking in children among caregivers of under five children at selected rural areas.

### Secondary objectives

1. To assess the pre-existing knowledge regarding first aid management and prevention for chocking in children among the caregivers of under five children.
2. To find out the association between the pre-test and post-test knowledge score.

## HYPOTHESIS

### Primary Hypothesis

**H0:** There will be no significant difference between pre-test and post-test knowledge score regarding first aid for choking among caregivers of under five children.

**H1:** There will be significant difference between pre-test and post-test knowledge score regarding first aid for choking among caregivers of under five children.

### Other Hypothesis

**H2:** There will be significant association between pre-test knowledge scores of caregivers of under five children regarding first aid for choking with their selected demographic variables.

### Inclusion Criteria:

Caregivers of under five children who are

1. Available at the time of data collection.
2. Can speak, read, write and understand Marathi language.
3. Residing at selected community areas.
4. Willing to participate in the study.

### Exclusion Criteria:

Caregivers of under five children who are

1. Participated in the similar programme within last 6 month.
2. Sick at the time of data collection.
3. Blind, deaf, dumb or mentally challenged caretaker.

## REVIEW OF LITERATURE

1. Review of literature related to first aid management and prevention for chocking.

2. Review of literature related to effect of structure teaching programme on knowledge regarding first aid management and prevention of chocking.

## RESEARCH METHODOLOGY

**Research approach:** This study was based on Experimental approach.

**Research design:** Quasi experimental one group pre-test and post-test research design.

**Research setting:** Selected community areas.

**Research population:** In this study the population was caregiver of under five children of selected community areas.

**Sample:** Caregivers of under five children.

**Sample size:** 20.

**Sampling technique:** Non probability purposive sampling technique was used to select the sample for this study.

### Data Collection

Collect pre-intervention and post-intervention data from the caregivers. This can be done using structured questionnaires or assessments that measure knowledge levels on first aid management and prevention of choking.

## RESULT

### Section I: Frequency and percentage distribution of demographic variables

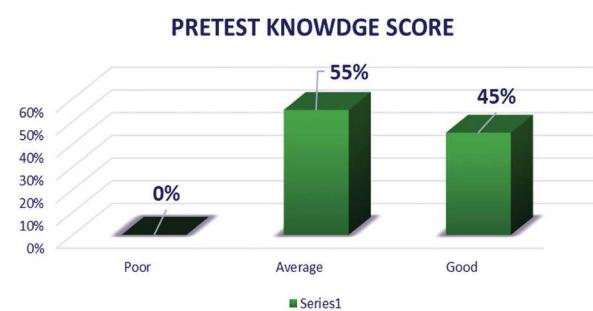
**Table 1:** Frequency and percentage distribution of demographic characteristics

N=20					
Sr. No	Demographic Variable	Category	Frequency	Percentage	
1.	Age in years (Child)	1-2 years	3	15	
		2-3 years	7	35	
		3-4 years	8	40	
		4-5 years	2	10	
2.	Caregivers	Mother	15	75	
		Father	0	00	
		Grand mother	5	25	
		Others	0	0	
3.	Education Status of Care Giver	Graduate	8	40	
		10 <sup>th</sup>	6	30	
		Primary	4	20	
		Illiterate	2	10	

### Section II: Assessment of existing knowledge first aid management and prevention of chocking among caregivers of under five children

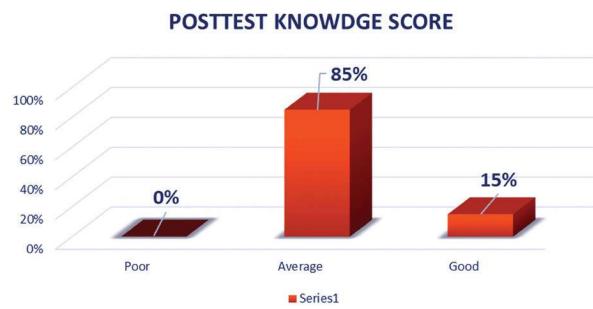
**Table 2:** Pre-test knowledge on first aid management and prevention of chocking among caregivers of under five children

N=20			
Sr. No.	Knowledge	Frequency	%
1	Poor	0	0%
2	Average	11	55%
3	Good	09	45%



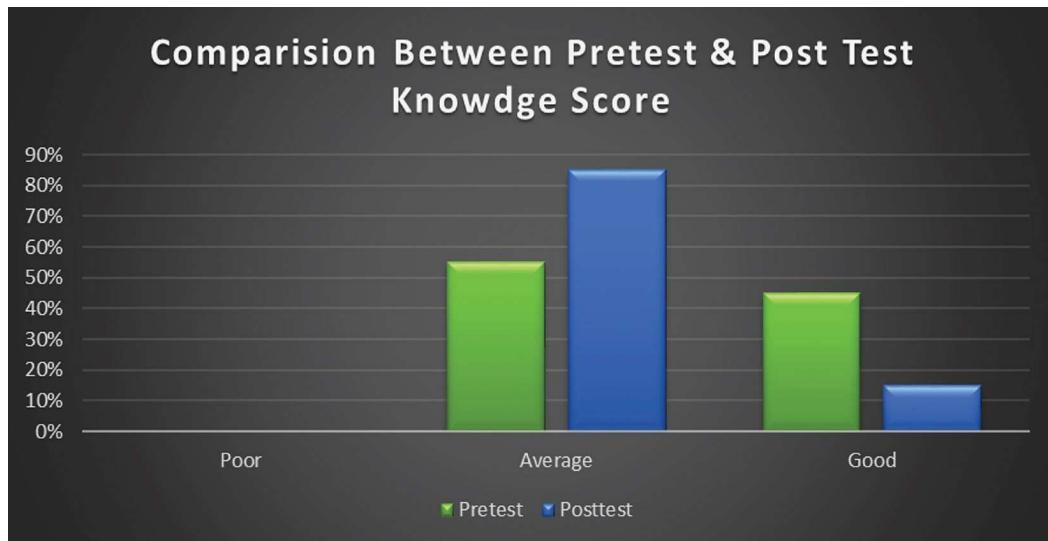
**Table 3:** Post-test knowledge on first aid management and prevention of chocking among caregivers of under five children

N=20			
Sr. No.	Knowledge	Frequency	%
1	Poor	0	0%
2	Average	17	85%
3	Good	03	15%



**Table 4:** Comparison between Pre-test and Post-test knowledge on first aid management and prevention of chocking among caregivers of under five children

Sr. No.	Knowledge	Pretest Score		Posttest Score	
		Frequency	%	Frequency	%
1	Poor	0	0%	0	0%
2	Average	11	55%	17	85%
3	Good	09	45%	03	15%



## CONCLUSION

The structured teaching program significantly enhanced the knowledge of caregivers regarding first aid management and prevention of choking in children under five. The statistically significant increase in post-test scores confirms the program's effectiveness. The results underscore the importance of structured educational interventions in improving caregivers' abilities to manage and prevent choking incidents in children.

## IMPLICATIONS

The present study findings have implications for care givers, healthcare providers and policy makers

- For Caregivers:** Increased knowledge leads to better preparedness and confidence in handling choking incidents, potentially reducing the risk of severe outcomes in children.
- For Healthcare Providers:** Implementing structured teaching programs can be an effective strategy to educate caregivers, thereby enhancing community health and safety.
- For Policy Makers:** Encouraging the adoption of similar programs in various community settings can have broad public health benefits.

## RECOMMENDATIONS

- Expansion of Programs:** Implement similar structured teaching programs in other communities to increase caregivers' knowledge on a wider scale.
- Tailoring Interventions:** Customize programs

to address specific needs based on caregivers' educational levels and experience to maximize effectiveness.

- Regular Refresher Courses:** Conduct follow-up sessions and refresher courses to ensure sustained knowledge and preparedness among caregivers.
- Evaluation and Feedback:** Continuously evaluate the effectiveness of teaching programs and incorporate feedback to improve the content and delivery methods.
- Public Awareness Campaigns:** Increase public awareness about the importance of first aid management and prevention of choking in children through media and community outreach programs.
- Integration with Healthcare Services:** Integrate these educational programs with routine healthcare services provided to families with young children to ensure widespread reach and impact.

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