

The Effect of Educational Program on School Teachers' Knowledge and Skills Regarding First Aid and Cardiopulmonary Resuscitation in Hebron City

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Abstract

Introduction: Accidents and injuries are part of daily life. These injuries are initially treated by non-healthcare providers due to the absence of healthcare providers in the accident setting. The school teachers are considered the first caregivers in schools. The first aid and cardiopulmonary resuscitation training interventions are aimed at providing knowledge and skills to save a life, decrease mortality and develop safety awareness. The purpose of this study was to assess the effectiveness of "*Are you ready to be a lifesaver?*" educational program on first aid knowledge and cardiopulmonary resuscitation skills among school teachers.

Methodology: A quasi-experimental-one group pre-post-tests design was conducted in three governmental schools selected by simple random

sampling method in Hebron city, Palestine. Forty teachers were selected using a convenience sampling method. A one-day “*Are you ready to be a lifesaver?*” educational program was conducted.

Results: Wilcoxon Signed Ranks Test was performed to compare the pre- and post-tests means scores of first aid knowledge, cardiopulmonary resuscitation skills and subjects’ self-confidence. The post-test means scores of the first aid knowledge, cardiopulmonary resuscitation skills and subject self-confidence were significantly higher than the pre-test mean score, the p values were ($P < 0.01$), ($P < 0.01$) and ($P < 0.01$) respectively.

Conclusion: It was concluded that “*Are you ready to be a lifesaver?*” educational program was effectively significant for improving the first aid knowledge, cardiopulmonary resuscitation skills and teacher’s self-confidence among school teachers. There is an urgent need for training programs to decrease children mortality and morbidity as well as decrease their disabilities especially in armed conflict and occupied areas such as Palestine.

Keywords: First Aid, CPR, school teachers, non-healthcare providers, self-confidence