



# “A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURE TEACHING PROGRAMME ON KNOWLEDGE REGARDING PSYCHOLOGICAL FIRST AID AMONG STAFF NURSES ON COVID-19 DUTY IN SELECTED HOSPITALS AT BENGALURU.”

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**Abstract:** Background: The COVID-19 pandemic caused significant psychological distress among healthcare workers. Psychological First Aid (PFA) is an early intervention that helps reduce distress and improve coping abilities. Methods: A pre-experimental one-group pre-test and post-test design was conducted among 40 staff nurses on COVID-19 duty in selected hospitals in Bengaluru. Participants were selected using purposive sampling. A structured knowledge questionnaire was used for data collection. After the pre-test, a Structured Teaching Programme (STP) was administered, and a post-test was conducted after 7 days. Results: The mean pre-test knowledge score was 12.3%, which increased to 22.34% in the post-test, showing an improvement of 10.04%. The difference was statistically significant at the 5% level. No significant association was found between pre-test knowledge and socio-demographic variables ( $P > 0.05$ ). Conclusion: The study revealed inadequate knowledge among staff nurses, and STP was effective in improving knowledge regarding PFA.

**Key words:** PFA- psychological first aid, STP-structured teaching programme

## I. INTRODUCTION

Psychological first aid is an essential framework for delivering immediate emotional and psychological support to individuals affected by crisis and traumatic events. Emergency nurses must possess adequate knowledge and preparedness to provide effective psychological first aid during emergencies. Training in psychological first-aid (PFA) is one strategy that can mitigate these adverse reactions and improve nurses' ability to cope.

## II. PROBLEM STATEMENT

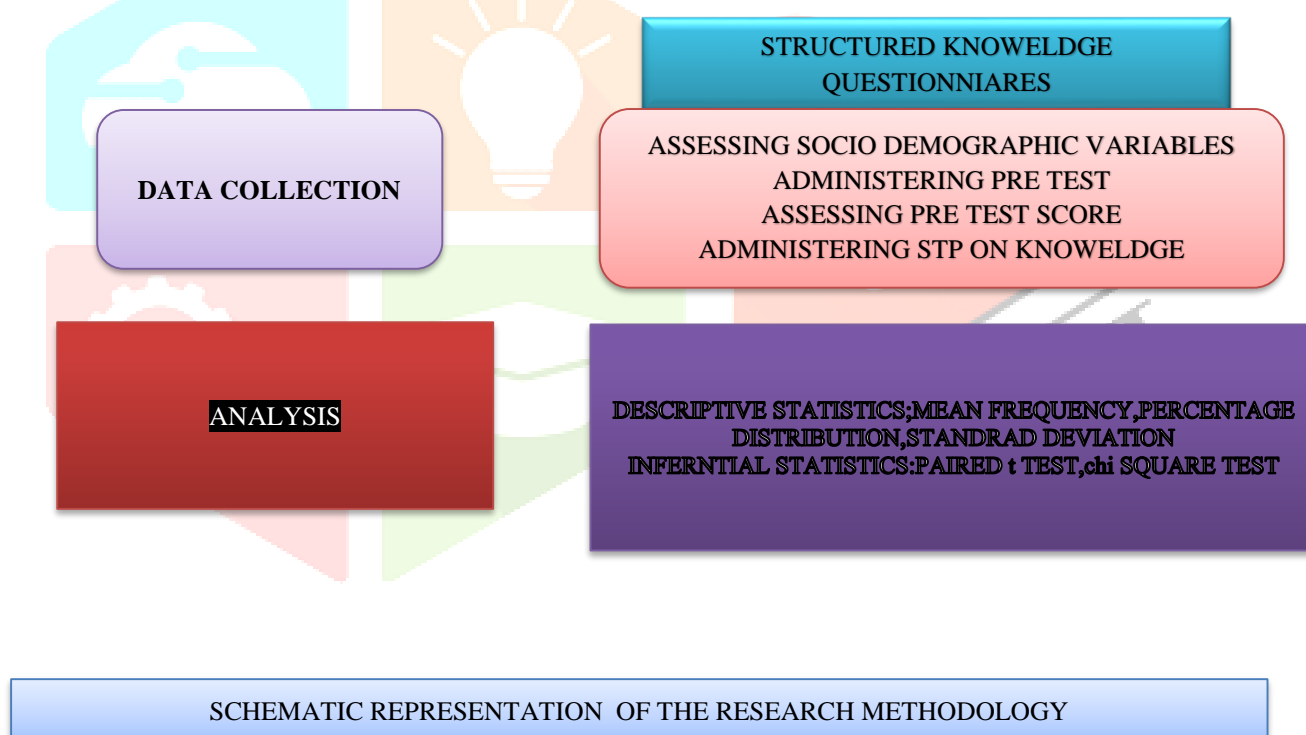
“A study to assess the effectiveness of structure teaching programme on knowledge regarding psychological first aid among staff nurses on covid-19 duty in selected hospitals at Bengaluru.”

### III.OBJECTIVES OF STUDY

- To assess the existing level of knowledge regarding Psychological First Aid among Staffnurses on covid-19 duty in selected hospitals at Bengaluru.
- To evaluate the effectiveness of structured teaching programme on knowledge regarding Psychological First Aid among Staff nurses on covid-19 duty by comparing mean pre-testand mean post-test knowledge scores.
- To find the association between pretest knowledge regarding psychological first aid among staff nurses on covid-19 duty and their selected socio-demographic variables.

### IV.HYPOTHESIS

- **H1**:-There was a significant difference between pre-test and post-test knowledge scores regarding psychological first aid among staff nurses on covid-19 duty.
- **H2**:-There was a significant association between the pre-test knowledge scores of staffnurses regarding psychological first aid and selected socio-demographic variables.



## V. RESEARCH METHODOLOGY



## VI. CRITERIA FOR SELECTION OF SAMPLE

### *Inclusion criteria:*

- Staff nurses who are working in hospitals on covid-19 duty at Bengaluru.
- Who are willing to participate in the study.
- Staff nurses who don't have previous training regarding Psychological first aid .

### *Exclusion criteria:*

- Staff nurses who are not available at the time of data collection.
- Staff nurses who had previous training regarding psychological first aid with in six months.

## RESULTS

Comparison of pretest and post test knowledge scores to evaluate the effectiveness of structure teaching programme. overall pretest and post test mean knowledge scores on psychological first aid among staff nurses in covid-19 duty. N-40

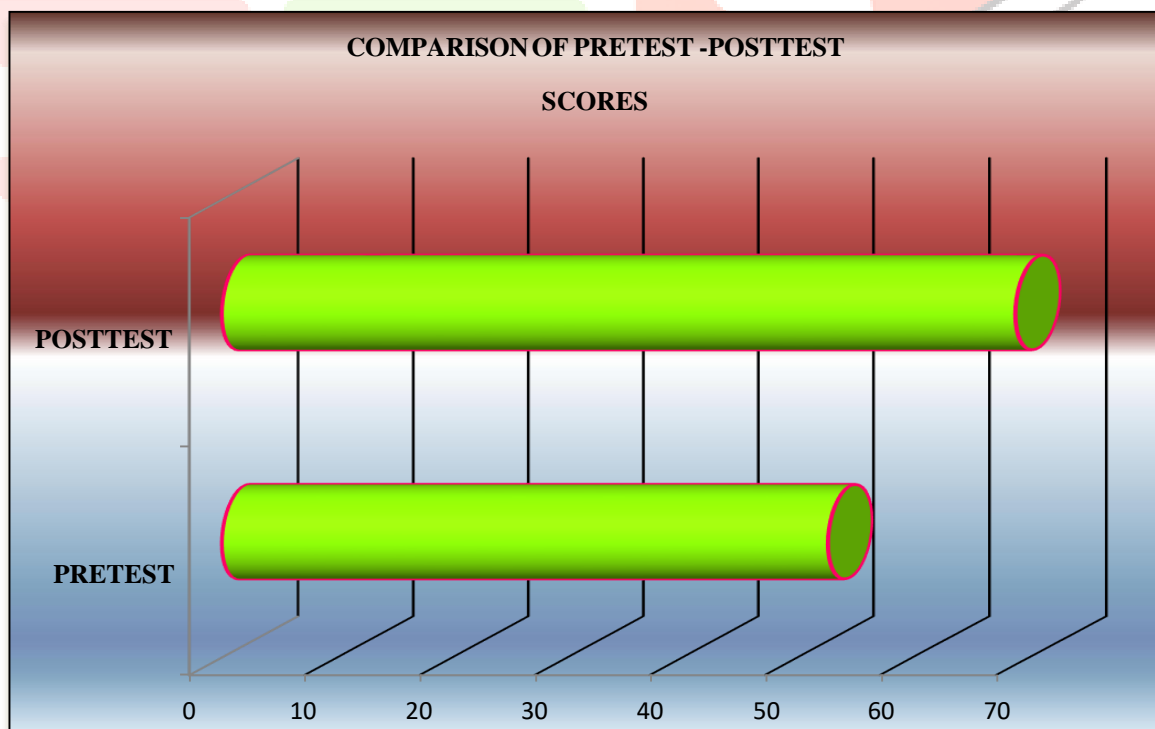
| Aspects            | Max. Score | Knowledge Scores |             |              |             | Paired 't' Test |
|--------------------|------------|------------------|-------------|--------------|-------------|-----------------|
|                    |            | Mean             | SD          | Mean (%)     | SD (%)      |                 |
| Pre-test           | 30         | 1.13             | 1.43        | 12.3         | 16.87       | 13.33           |
| Post-test          | 30         | 1.89             | 1.44        | 22.34        | 17.33       |                 |
| <b>Enhancement</b> | <b>30</b>  | <b>0.76</b>      | <b>0.01</b> | <b>10.04</b> | <b>0.46</b> |                 |

\* Significant at 5% level

t (0.05, 39 df) = 2.02

Table-projects the overall pretest, post test and enhancement of mean knowledge scores regarding psychological first aid. The mean percentage for pretest knowledge was 12.3% with SD 16.87%. The mean percentage post test knowledge found to be 22.34% with SD 17.33%. However, the enhancement was proved as mean (10.04%) and SD of (0.46%). Further, the paired t-test value (13.33) shows statistical significance at level of  $p < 0.05$  with df (39), establishing the effectiveness of STP.

### Over all Pre-test and Post-test Mean Knowledge scores regarding psychological first aid among staff nurse



## VII.CONCLUSION

The main aim of the study was to assess the existing knowledge of staff nurses in covid-19 duty on knowledge regarding Psychological first aid and to conduct Structured Teaching Programme. A pre-experimental one group pretest post test design and evaluative approach was used in the study. The data was collected from 40 staff nurses through purposive sampling technique. The following conclusions were drawn on the basis of study findings of the research:

The pretest knowledge score among majority of staff nurses was found to be inadequate and post-test knowledge score was found to be adequate. There was significant enhancement in knowledge of staff nurses after conducting Structured Teaching Programme on knowledge regarding Psychological first aid. There was no significant association between pretest knowledge scores and selected socio-demographic variables such as age, gender, education, occupation, type of family, area of residence, experience in Hospitals, training regarding Psychological first aid at 0.05 levels.

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