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Level of Satisfaction and Self-Confidence in Cardio-Pulmonary Resuscitation: A Descriptive Cross-sectional Study

Bharti Sachdeva*[1], Poonam Yadav[2]
[1]Department of Medical-Surgical Nursing; [2] Department of Obstetrics and Gynecological Nursing, SGT University, Gurugram- 122505, Haryana, India
***Corresponding author:** bharti.nursing@sgtuniversity.org*

ABSTRACT
Training of nursing students on CPR was conducted as a part of their curriculum. To assess the level of self-confidence and level of satisfaction in learning and performing Cardio Pulmonary Resuscitation CPR among nursing students in selected institutes. Non-experimental quantitative research approach and descriptive, cross-sectional, post-test only design. Data was collected on 120 B. Sc Nursing 2nd year students in the selected institute with a non-probability purposive sampling technique. The CPR training session demonstrated using the CPR Simulation mannequins by the faculty to all the study subjects in the lab with a batch of 15 students each. Following the demonstration, a re-demonstration session was carried out under the faculty's supervision. Data was collected through the Students Satisfaction and Self Confidence in Learning Scale (SSSCL). 79 (65.8%) participants showed an above-average level of satisfaction and 83 (69.1%) ranked themselves in the above-average and high confidence category collectively. Hands-on training on CPR using simulation mannequins produces a high perceived level of satisfaction and self-confidence among nursing students. Further research using better methodology and more study parameters should be conducted.
Keywords: CPR, satisfaction, self-confidence, nursing students

INTRODUCTION
Ischaemic Heart Diseases (IHDs) affect over 126 million people worldwide, making up 1,655 per 100,000 or 1.72 per cent of the total population. As the global burden of IHDs is on the rise, the current prevalence rate of 1,655 cases per 100,000 people is predicted to be more than 1,845 cases by the year 2030.[1]IHD caused nine million deaths worldwide between 1990 and 2017 and 70% of these deaths are attributed to delayed or no CPR. Early CPR can dramatically increase survival rates, reduce brain damage and increase the no. of people returning to work.

MATERIAL AND METHODS
Ethical considerations
Ethical approval was obtained from the institute ethics committee (IEC) and informed consent was taken from the study subjects.
Setting and study population
The study was conducted on 120 B. Sc nursing 2nd-year students in a nursing college. the CPR training was imparted in collaboration with Jhpiego, by a team of American Heart Association (AHA)-certified BLS-ACLS trainers from Apollo Hospital and nursing faculty from Symbiosis college of nursing, Pune.
Training Characteristics
The training was in line with the guidelines and curriculum issued by the AHA. The training addressed the following theoretical and practical components: identification of cardiac arrest, call for help and activating the emergency response, performing high-quality cardiac compressions, and ventilation (opening the airway, head position, and ratio between chest compressions and ventilation.
Characteristics of the data collection tool
The tool consisted of two sections: first, questions on demographic characteristics; second, questions on the level of confidence and satisfaction using a rating scale. Self-confidence was measured using a five-point rating scale with a scale ranging from low confidence (one point) to very confident (five points). Similarly, the level of satisfaction was also assessed on a five-point scale extending from extremely unsatisfied (one point) to very satisfied (five points).

Data analysis

The collected data was segregated, organized and tabulated in terms of (1) frequency and percentage; (2) mean and standard deviation.

RESULTS

The major findings of the study are presented below in tables and graphs:

Table 1: Frequency and percentage distribution of level of satisfaction

S.No	Satisfaction level of students	Range	N	%
1	Extremely Unsatisfied	0-5	8	6.67
2	Not quite satisfied	6-10	8	6.67
3	Average Contentment	11-15	25	20
4	Satisfied	16-20	30	25
5	Very Satisfied	21-25	49	40.83

Table 1 depicts that the majority [79 (65.8%)] of the participants collectively rated themselves as satisfied

Table 2: Frequency and percentage distribution of level of confidence

S.No	Confidence level	Range	N	%
1	Low confidence	0-8	10	8.33
2	Minimal Confidence	9-16	11	9.17
3	Average confidence	17-24	8	6.67
4	Above average Confidence	25-32	38	31.67
5	High Confidence	33-40	45	37.50

Table 3: Mean score

S. No.	Variable	Maximum Score	Minimum score	Mean	SD
1	Student **satisfaction**	49	8	16	17.1
2	Self- **Confidence**	45	10	24	17.6

The study reveals that 8 (6.67%) participants were unsatisfied and not satisfied and 25 (20%) had average contentment with the training. Although the majority i.e., 30 (25%) and 49 (40.83%) were satisfied and very satisfied respectively. Similarly, 29 (24.1%) participants showed average/below-average confidence in initiating/ performing CPR, while 83 (69.1%) had high perceived confidence. A 2012 study on student satisfaction and self-reports of CPR competency was undertaken by Cecily Montgomery et al. According to the study's findings, pupils who regularly performed CPR exhibited greater confidence than those who did not the initial course type did not increase CPR confidence; however, the monthly practice did. Students reported feeling the happiest when they participated in instructor-led classes and often practiced CPR techniques.

CONFLICT OF INTEREST

The authors declare that there are no conflicts of interest. The research received no specific grant from any funding agency in the public, community, or non-for profit sectors.

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