

**QUAZI - EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING FIRST AID MANAGEMENT OF FOREIGN BODY ASPIRATION AMONG MOTHER'S OF UNDER FIVE CHILDRENS IN SELECTED RURAL AREA OF MEHSANA DISTRICT**

**Author's Name:** Niki Patel<sup>1</sup>, Sanjana Parmar<sup>2</sup>, Govind Chaudhary<sup>2</sup>, Manisha Dama<sup>2</sup>  
Bhagu Gavli<sup>2</sup>, Vishal Chaudhary<sup>2</sup>

**Affiliation:**

1. HOD of Medical Surgical Nursing department, Merchant Nursing College, Basna, Mehsana, India.
2. 4<sup>th</sup> B.sc Nursing student, Merchant Nursing College, Basna, Mehsana, India.

**Corresponding Author Name and Email ID:** Niki Patel, [patelniki1305@gmail.com](mailto:patelniki1305@gmail.com)

**ABSTRACT**

*Foreign body aspiration is seen most frequently in children of 6 months to 1 year. Foreign body aspiration is a condition that occurs when any solid or liquid substance is inhaled into the respiratory tract. There are three types of foreign body; Laryngeal foreign bodies, tracheal foreign bodies, Bronchial foreign bodies. They are caused by children's curiosity, oral needs and occasionally lack of supervision. The symptoms of foreign body aspiration include sudden violent coughing, gagging, wheezing, vomiting, a brief episode of apnea, and possibly cyanosis. The diagnostic test for laryngeal foreign bodies is X-ray and direct laryngoscopy. For tracheal foreign bodies, bronchoscopy and chest X-ray are required to find the foreign body. For bronchial foreign bodies, chest X-ray and fluoroscopy are used to reveal the presence of a foreign object in the bronchus. The management includes: Laryngeal foreign body needs to be removed by rigid endoscopy, cricothyrotomy may be required with a severe degree of dyspnea, bronchoscopy is necessary for removal of the bronchial and tracheal foreign body, rarely thoracotomy may be required, chest physiotherapy and bronchodilators should not be given, antibiotics are needed for secondary infections. **OBJECTIVE:** -To assess the level of knowledge regarding first aid management of foreign body aspiration among mothers of under five children in selected rural area of Mehsana district. To assess the effectiveness of a planned teaching programme on knowledge regarding first aid management of foreign body aspiration among mothers of under five children in selected rural area of Mehsana district. To find out the association between knowledge regarding first aid management of foreign body aspiration with selected demographic variables of mothers of under five children.*

*STUDY DESIGN: Quasi Experimental study. METHOD: A Total 60 sample were included in a study who met the sampling criteria and Probability simple random sampling technique used. The researcher used self Structured questionnaire for collect the data. The data collection tools contain Demographic variables, to assess the knowledge. The result shows that the that (95%) under five mothers belong to the age group 25-28 years, majority(53%)of under five mothers belongs from joint family majority(97%)were belongs to Hindu religion, equally ratio (50%) of primary education stream under five mothers and (50%) of secondary education stream under five mothers majority (74%) of under five mothers had knowledge. RESULT: There is No any significant association between the prevalence of first aid management of foreign body aspiration with selected demographic variables. ( $p < 0.05$ ) So, Hypothesis I is Rejected. There is a significant association between the prevalence of first aid management of foreign body aspiration with selected demographical variables ( $p > 0.05$ ) So, Hypothesis I is accepted. CONCLUSION: The findings of the study revealed that planned teaching programme helps in improving knowledge regarding first aid management of foreign body aspiration with among under five mothers.*

**Keywords: Assess, Knowledge, Prevalence, Planned Teaching Programme, Under Five Mothers , First Aid Management of Foreign Body Aspiration.**

## INTRODUCTION

**“Mother’s love is peace. It need not be acquired,  
It need not be deserved”  
“Erich Fromm”**

Aspiration of foreign bodies occurs mostly in infants and toddlers between the ages of 6 months to 3 years. Foreign bodies can become lodged in the throat or other body openings causing stasis of secretions and infection. An aspirated solid or semisolid object may lodge in the larynx or trachea. If the object is large enough to cause nearly complete obstruction of the airway is caused with large object, asphyxia may rapidly cause death. Certain items have an increased incidence of aspiration in children. Lesser degrees of obstruction or passage of the obstructive object beyond the carina and result in less severe signs and symptoms. [1]

## FOREIGN BODIES IN THE RESPIRATORY TRACT

If foreign bodies occlude the respiratory passage completely, asphyxia occurs within 3 to 5 minutes unless it is dislodged immediately. Pathophysiology depends on the type of foreign material, its composition, location and the degree of obstruction. Very commonly aspirated objects are nuts, seeds, pieces of vegetables, chewing gum, etc. Nuts and seeds are dangerous as they swell up causing obstruction more serious with chewing gums in the mouth, if children laugh or talk loudly, it may be aspirated and if it is sticky, it cannot be dislodged easily, it is common. [2]

Inhalation of talcum powder containing talc and other silicates can cause respiratory distress in very young infants as a result of inflammation of inner bronchioles. Some parents no longer use talcum powder for children. Very small objects like beads, pieces of toys, buttons etc. may be aspirated causing irritation, edema and later aspiration pneumonia. Common site for lodging foreign bodies is right bronchus because of its short length and straight angle. If bronchus or bronchioles are obstructed, air distal to the obstruction cannot escape leading to overinflation and obstructive emphysema, which can even lead to obstructive atelectasis. [3]

## CLINICAL FEATURES

In the nose: Nasal obstruction, Sneezing, Discomfort, Serous discharge  
In the larynx: 'Hoarseness', Choking  
In the trachea: Cough, Dyspnea, Cyanosis, 'Hoarseness'  
In the bronchus: Cough, Dyspnea, Blood-tinged sputum, Wheezing, Tachypnea. It can further lead to pneumonitis, haemoptysis, bronchiectasis, lung abscess, atelectasis and emphysema. [4]

## **FOREIGN BODY IN THE ALIMENTARY TRACT**

Many objects that are swallowed pass through the gastro intestinal tract without complications, but sharp objects like open safety pins, needles, glass pieces, pins etc. Can cause perforation. CLINICAL FEATURES in the esophagus, pain and dysphagia are common, if larynx is compressed, it can cause dyspnea, inflammation and edema lead to esophageal obstruction. If perforation occurs, it produce pain, fever and shock. [5]

## **FOREIGN BODIES IN THE EYE**

Foreign bodies in the eyes can cause severe injury to comes which may affect vision. particles such as sand, dust, small glass pieces or wood pieces can get lodged in the cornea, sclera or conjunctiva. [6]

## **CLINICAL FEATURES**

Pain , Lacrimation ,Redness ,Photophobia ,Itching ,Sensation of foreign body. [7]

## **FOREIGN BODIES IN THE EAR**

Foreign bodies may be inserted into the ear by young children. It can be removed with a forceps if it is visible and if the child is cooperative. Try to find out the type of foreign body. Through irrigation is helpful, it should not be done for nuts or seeds as it well swell up and become bigger in size. If the object cannot measures, may be used for removal under general anesthesia.[8]

## **FIRST AID**

When an object or insect has lodged in the nostril or ear canal, parents should not make any attempts to remove it unless it is too close to the orifice. Otherwise there is a risk that they may push the foreign body deeper. [9]

## **STEPS TO REMOVE FOREIGN BODIES**

1. Ask the choking person to stand if he or she sitting
2. Stand slightly behind the standing victim.
3. Reassure the victim
4. Place arms around the victims waist
5. Make a fist with one hand and place thumb toward the victim, just above his or her Belly button.
6. Grab first with other hand

7. Deliver five upward squeeze-thrusts into the abdomen.
8. Make each squeeze thrust strong enough to dislodge a foreign body
9. Understand that thrust make the diaphragm move air out of the victims lungs, creating a kind of artificial cough
10. Keep the firm grip on the victim, since he or she can lose consciousness and fall to the ground if the Heimlich maneuver is not effective.
11. Repeat the Heimlich maneuver until the foreign body is expelled [10]

### **NEED OF THE STUDY**

Pediatric foreign body aspiration (FBA) Life threatening condition responsible for many deaths every year, especially among children younger than 2 years. This study aimed to determine the level ledge among the mothers of under five in rural area of mehsana district. It is possible for a child to chock on a small toy had the highest rate of correct response among both males and females (93.2 vs 94% respectively) [11]

"Sudden cough is a sign of choking among children had lowest rate of correct response among males (40.8%) and females (33%) Most females participants (74.2%) knew that batteries are the most dangerous items a child can swallow, which requires immediate medical attention while only male 56.2% of male participants knew that. The only significant predictor on linear regression analysis was having treated anyone with foreign body aspiration". [12]

### **STATEMENT OF THE PROBLEM:**

“A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING FIRST AID MANAGEMENT OF FOREIGN BODY ASPIRATION AMONG MOTHERS OF UNDER FIVE CHILDREN IN SELECTED RURAL AREA OF MEHSANA DISTRICT”

### **OBJECTIVE OF THE STUDY:**

- ❖ To assess the level of knowledge regarding first aid management of foreign body aspiration among mothers of under five children in selected rural area of mehsana district.
- ❖ To assess the effectiveness of planned teaching programme on knowledge regarding first aid management of foreign body aspiration among mothers of under five children in selected rural area of mehsana district
- ❖ To find out the association between knowledge regarding first aid management of foreign body

aspiration with selected demographic variables of mothers of under five children.

### **HYPOTHESIS**

HO:-there will be significant difference between pretest knowledge score among mothers of under five children in regarding first aid management of foreign body aspiration.

H1:- there will be significant association between pretest knowledge score with selected demographic variables.

### **MATERIAL AND METHOD**

Quasi -experimental one group pre-test post-test research design and Quantitative Approach. “A Quazy experimental Study To Assess The Effectiveness of planned Teaching Programme on Knowledge Regarding first aid management of foreign body aspiration among under five monthers in Selected rural area of Mehsana District”The data was collected from 60 undr five mothers. “probability simple random ”sampling technique were used. A structured Knowledge questionnaire was selected to assess the knowledge regarding first aid management of foreign body aspiration.

### **RESULT**

Demographic data was analyzed using frequency and percentage. Frequencies, percentage, Mean, mean percentage (%) and standard deviation was used to determine the knowledge score. The “t” value was computed to show the effectiveness of planned teaching programme And chi-square test was done to determine the association between the pre-test knowledge under five mothers with selected demographic variables.

#### **Finding related to demographic data**

In this study overall Among the 60 under five mothers, the majority of the sample (95%) under five mothers belong to the age group 25-28 years, majority(53%)ofunder five mothers belongs from joint family majority(97%)werebelongstoHindu religion, equally ratio (50%) of primary education stream under five mothers and (50%) of secondary education stream under five mothers majority (74%) of under five mothers had knowledge.

#### **Finding related to pre and post knowledge score**

Pre-test prior to the administration of planned teaching programme,92% of under five mothers poor knowledge (score:0-10) and 8% under five mothers had average knowledge (score:11-15) regarding first aid management of foreign body aspiration.among under five mothers. Post-test that was marked

improvement in the knowledge of under five mothers with (30%) of under five mothers gained good knowledge (score:16-25) and (25%) gained average knowledge(score 11-15) regarding first aid management of foreign body aspiration among under five mothers. It was inferred from the below table that the planned teaching programme was effectiveness in improving knowledge on first aid management of foreign body aspiration among under five mothers.

**Finding related to effectiveness of Planned teaching programme:**

**Table 1:** Distribution of subject on paired‘t’ test between pre-test and post-test knowledge score Regarding first aid management of foreign body aspiration.

PARAMETER	MEAN	SD	MEAN%	‘t’VALUE
Pre -test	6.82	2.38	10.05	20.57
Post -test	16.87	2.48		

**Finding related to association between pre-test knowledge score of under five mothers with their selected demographic variables:**

To find out the pre-test knowledge score with selected demographic variables were found by using chi-square test. The results of the present study showed that there is no any significant association found between pre-test knowledge score and selected demographic variables like Age, types of family religion, stream of education, prior knowledge regarding first aid management of foreign body aspiration. So, the research fulfills study objective.

**CONCLUSION**

The present study aims to evaluate the effectiveness of planned teaching programme on Knowledge regarding first aid management of foreign body aspiration among under five mothers at selected rural area. The study conducted by using a Quasi-experimental one group pre-test and post-test Research Design. selected area is there in study for sample collection at Mehsana district.The sample size was 60 under five mothers. The tool used for the study is self structured knowledge questionnaire. The response was reanalyzed through descriptive (mean, frequency, percentage distribution, standard deviation) and inferential statistics (t test, Chi square). The findings was completed on the objective of the study.

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