

Assess The Effect of Video Assisted Teaching Programme on Knowledge Regarding First Aid Management of Foreign Body Aspiration Among Mothers of Under Five Children

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I. INTRODUCTION

“Be a hero, save lives.”

“First aid is for everyone, everywhere”

Children represent the most delicate and vulnerable segment of the population, with those under the age of five being especially prone to accidents and medical emergencies due to their natural curiosity, developmental immaturity, and limited understanding of danger. Among the various pediatric emergencies, foreign body aspiration (FBA) stands out as a critical, life-threatening condition that demands immediate recognition and prompt intervention. The aspiration of small objects or food items into the airway can lead to partial or complete obstruction, rapidly progressing to respiratory distress, hypoxia, or even sudden death if not managed swiftly and appropriately. Foreign body aspiration is an important and preventable cause of mortality and morbidity in children. Aspiration remains a common problem among young children and is commonly divided into organic and inorganic FB aspiration. Organic material such as nuts and seeds are the most commonly aspirated while the inorganic material include a wide range of objects such as plastic pieces, toy parts, beads, coins, pins etc.

Globally, foreign body aspiration remains one of the leading causes of accidental deaths in children under five. The World Health Organization (WHO) has consistently emphasized the importance of preventive strategies and caregiver education in mitigating such risks. In developing countries like India, where access

to emergency medical care is often delayed and underutilized, the first response at the household level becomes pivotal in determining the outcome. This places an immense responsibility on primary caregivers particularly mothers who are most often present with the child during such incidents. The initial management of FBA involves the ability to promptly recognize signs of aspiration, such as sudden coughing, choking, cyanosis, or breathing difficulty, and to apply age-appropriate first aid techniques such as back blows, chest thrusts, or abdominal thrusts (depending on the age of the child). Unfortunately, many mothers lack the essential knowledge, skills, and confidence to respond effectively during such emergencies, leading to preventable complications and fatalities.

Given the preventable nature of these tragedies and the crucial role mothers play in early management, it becomes imperative to explore their current level of awareness and preparedness. This study, therefore, aims to assess the knowledge of mothers of under-five children regarding the first management of foreign body aspiration. The findings will serve as a foundation for designing targeted educational interventions that can empower mothers, enhance paediatric safety, and ultimately save lives.

II. NEED OF THE STUDY

Foreign body aspiration (FBA) is a critical emergency and a leading cause of accidental morbidity and mortality among children under five years of age.

Young children are particularly vulnerable due to their tendency to explore objects by mouth, immature swallowing coordination, and lack of molar teeth to adequately chew food. This makes the early recognition and prompt first aid management by caregivers, especially mothers, essential in preventing serious outcomes. Tracheobronchial aspiration is a worldwide problem which often results in life-threatening complications. It occurs primarily in children below 3 years (approximately 75%) due to the lack of adequate dentition and immaturity of swallowing. On the other hand, infants and toddlers use their mouths to explore their surroundings.

According to the World Health Organization (WHO), thousands of children die each year due to choking incidents, with a significant proportion being preventable through timely and appropriate first aid. In India, many such incidents go unreported or are managed late due to a lack of awareness among caregivers. Mothers, being the primary caregivers at home, play a crucial role in early identification and initial response to FBA events. Despite the severity of this condition, studies show a significant knowledge gap among mothers regarding the first management of FBA, such as recognizing signs of airway obstruction, performing age-appropriate choking relief manoeuvres like back blows and chest thrusts, and seeking timely medical help. Enhancing their knowledge and preparedness can lead to a reduction in complications and mortality.

Therefore, this study is essential to assess the existing knowledge and awareness among mothers of under-five children regarding first management of foreign body aspiration. The findings can help in developing targeted educational interventions and training programs to empower mothers, ensuring better child health outcomes and reducing preventable deaths.

III. SIGNIFICANCE OF STUDY

Foreign body aspiration (FBA) is a potentially life-threatening condition that commonly occurs in children, particularly those under the age of five. This age group is especially at risk due to developmental characteristics such as the tendency to explore the environment orally, poor chewing abilities, and immature coordination of swallowing. Small objects

like nuts, seeds, coins, beads, and parts of toys are commonly aspirated, leading to partial or complete airway obstruction. Globally, FBA is recognized as one of the leading causes of accidental death in toddlers and preschool-aged children. According to the World Health Organization (WHO), choking and aspiration of foreign objects account for thousands of deaths annually among young children. In many cases, these incidents could have been prevented or their outcomes significantly improved through prompt and appropriate first aid interventions. In India, the burden of FBA is increasing due to limited parental awareness, lack of immediate access to emergency care, and absence of routine first aid training among caregivers. Mothers, who are often the primary caretakers of young children, play a vital role in early detection and first response to such emergencies. However, studies reveal that a majority of mothers lack the essential knowledge and skills required to manage FBA effectively at home or en route to a healthcare facility.

First management of FBA includes recognizing early signs such as sudden coughing, choking, wheezing, or difficulty breathing, and applying immediate, age-appropriate first aid techniques like back blows, chest thrusts, or abdominal thrusts. The correct and timely implementation of these measures can prevent complications such as hypoxia, brain injury, or even death. Given the high risk and preventable nature of FBA-related incidents, it becomes crucial to assess and enhance the knowledge of mothers regarding first aid management. Understanding the current level of awareness among them can guide the development of educational programs and strategies aimed at empowering caregivers and improving paediatric emergency outcomes.

IV. STATEMENT OF PROBLEM

Assess the effect of video assisted teaching programme on knowledge regarding first aid management of foreign body aspiration among mothers of under five children.

V. OBJECTIVES

- Assess the pre-test knowledge regarding first aid management of foreign body aspiration among mothers of under five children.
- Assess the post-test knowledge regarding first aid management of foreign body aspiration among mothers of under five children.
- Assess the effect of video assisted teaching programme on knowledge regarding first aid management of foreign body aspiration among mothers of under five children.
- Find the association of knowledge regarding first aid management of foreign body aspiration among mothers of under five children with selected demographic variables.

VI. OPERATIONAL DEFINITION

- **Assess:** It refers to evaluating the knowledge regarding first aid management of foreign body aspiration using a structured questionnaire
- **Knowledge:** It refers to gain correct response by the mothers of under five children for the items listed in the questionnaire regarding the first aid management of foreign body aspiration
- **Effect:** It means change in knowledge of mothers of under five children, could be measured by difference in the knowledge before and after video assisted teaching programme
- **Video Assisted Teaching Programme:** It is a method of teaching where videos of first aid management of foreign body aspiration are used to help explain and show information clearly to the mothers of under five children
- **First Aid Management of Foreign Body Aspiration:** It refers to giving immediate help to someone who is choking on an object by using methods like back blows, chest thrusts or abdominal thrusts to clear the airway and help them breathe again.
- **Mothers Of Under Five:** It means women who have children between the ages of 0 and 5 years.
- **assumptions:** It is assumed that,
 - Mothers of under-five have poor knowledge on first aid management of foreign body aspiration.
 - The study assumes that the mothers of under-five mothers will provide honest and accurate

responses to the assessment tools (e.g., questionnaires, tests) based on their current knowledge.

- The study assumes that most participants have not received formal, specialized education about first aid management foreign body aspiration.
- **Hypothesis H₁:** There will be significant improvement in knowledge on first aid management of foreign body aspiration among mothers of under five children after video assisted teaching programme.

VII. REVIEW OF LITERATURE

Jadhav, P., Deshpande, R., Shinde, E., & Desoza, F. (2024).

Quasi-experimental – one-group pre-test, post-test research design was used where 100 mothers of toddler were selected as sample for study using convenience sampling technique. The data collected using structured knowledge questionnaires. Data were analysed using paired t-test and Chi-square test in the study. Pre-test was conducted on the same day and after 7 days, post-test was conducted to assess the gained in knowledge using the same structured knowledge questionnaire to mothers of toddler to assess the post test. Most of the 64% of mothers of toddler were 18–24 years of age, majority 83% of the mothers of toddler were having primary educational background, maximum 98% of mothers of toddler were housewife/farming, maximum 90% of mothers of toddler were belonging to Hindu religion, 61% of the mothers were having two toddler children, 58% of the mothers of toddler were having male toddler child, 79% were not having previous knowledge related to FBA in children, 68% of mothers of toddler were not knowing about FBA in children, and 63% of mothers of toddler were living in joint family. The mean score for the pre-test was 13.72 and for post-test was 18.87. Paired t-test was applied and calculated t-value for knowledge (19.85) was more than the table value (1.66) at 99 degrees of freedom for 0.05 level of significance. Hence, it was statistically interpreted that the structure teaching program was effective in improving the knowledge regarding prevention and first aid management of FBA in mothers of toddler in selected rural community and there was a significant association of post-test knowledge with demographic variables, that is, previous knowledge related to FBA

in children (6.3528) was higher than the table value at 5% level of significance.

Ariya Kunbaran, Nova Yanti, Defia Roza, Yosi Suryarinilsih, Indri
 Ramadini (2024): Quasi-Experiment with the design of one group pre-post with a sample size of 43 respondents, selected through purposive sampling. To analyse the effect of a health education demonstration method on the level of knowledge of mothers about first aid for choking in early childhood at Cahaya Ummi 2 Kindergarten. The data were collected using a questionnaire and Bivariate analysis using the Wilcoxon test. The findings of this study indicate that the mean knowledge score of respondents increased from 14.09 to 17.06. There is an effect health education demonstration method with the knowledge of mothers about first aid for choking in early childhood, with a p-value of 0.000. It is hoped that mothers will be able to apply first aid for choking quickly and appropriately in the event of an emergency.

VIII. METHODOLOGY

Research Approach: Quantitative approach

Research Design: Pre Experimental- One group pre-test- post-test design

Setting: Selected Anganwadi's at Palakkad district.

Population: Mothers of under five children.

Sample: Mothers of under five children at selected Anganwadi's in Palakkad district.

Sample Size: 40

Sampling Technique: Non probability-Purposive sampling

Variables: Variables are anything that has quantity and quality that varies. In other words, variables are qualities, properties, or characteristics of person, things, or situations that change or vary.

Independent Variable: video assisted teaching programme on knowledge regarding first aid management of foreign body aspiration

Dependent Variable: knowledge level of mothers of under five children regarding first aid management of foreign body aspiration

Inclusion criteria:

- Mothers of under five children who are available and willing to participate at the time of data collection.
- Mothers of under five children who are able to read and understand Malayalam & English

Exclusion criteria:

- Mothers of under five children who are not available and willing to participate at the time of data collection.
- Mothers of under five children who are unable to read and understand Malayalam & English

Description of tool:

- Section A –Demographic variables - age, education, occupation, parity, source of previous knowledge.
- Section B-Questionnaire regarding first aid management of foreign body aspiration among mothers of under five children,
- Video assisted teaching programme.

Content validity:

To ensure content validity the tool was submitted to experts in the field of nursing research.

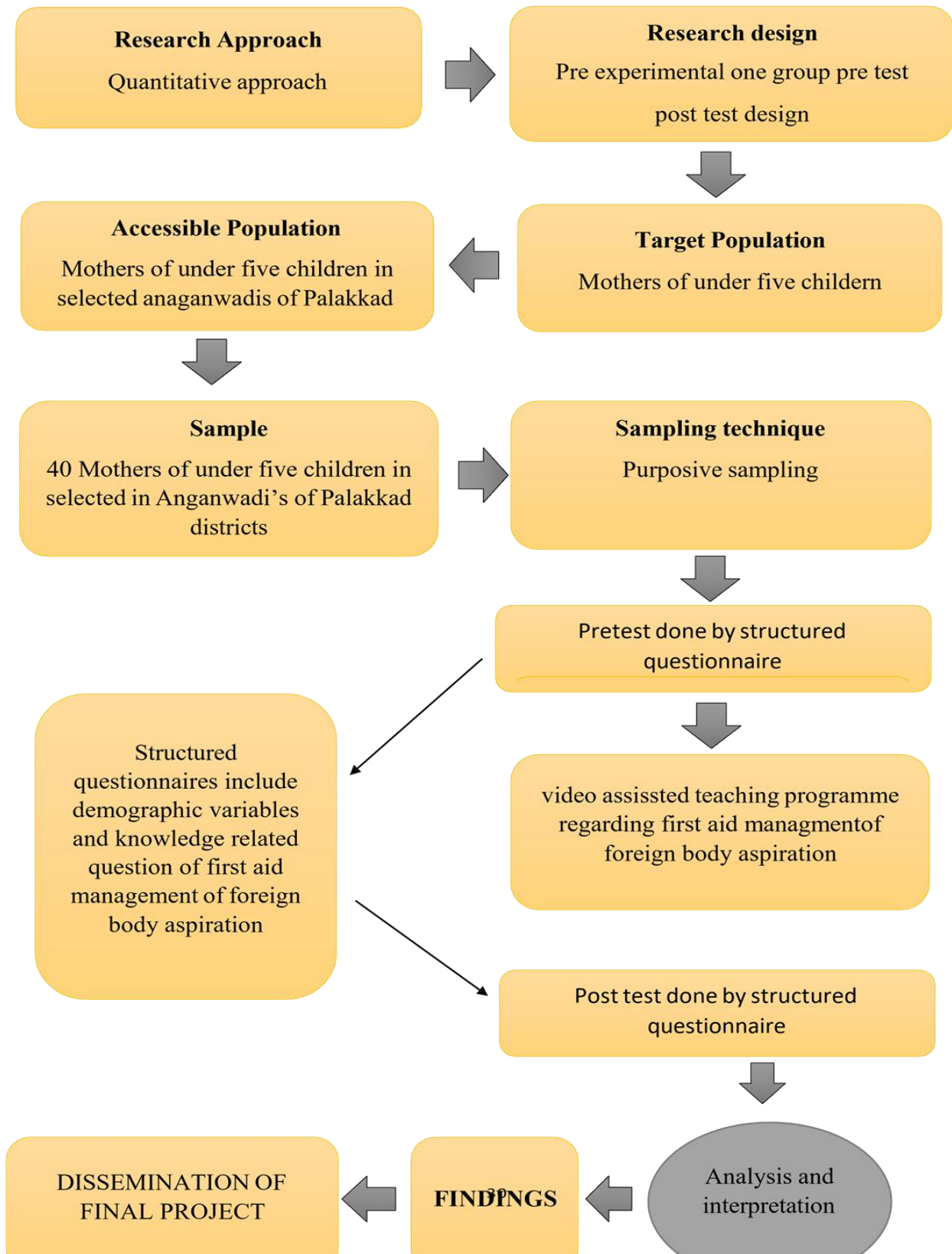
Data collection procedure:

- Formal permission from concerned authorities
- Informed consent will be taken from the samples
- Pre-test data will be collected using knowledge questionnaire and Video assisted teaching programme on first aid management of foreign body aspiration will be administered on same day and post-test will be collected after 7 days.

Plan for data analysis:

- Descriptive Statistics: Frequency and percentage.
- Inferential Statistics: Paired t test and Chi square test.

Schematic representation of study (fig-3.1)



IX. ANALYSIS & INTERPRETATION

The chapter deals with the analysis and interpretation of the data collected from the mothers of under five children age between 18 to 35 years in selected Anganwadi's at Palakkad district. To assess the pre-test knowledge regarding first aid management of foreign body aspiration.

Section A

Distribution of demographic characteristics of mothers of under five children.

Table 4.1: Frequency and percentage distribution of sample based on age

SL NO	Demographic Variables	Frequency	Percentage
1	Age		
	below 20	2	5%
	21-25	12	30%
	25-30	16	40%
	above 30	10	25%

Table 4.1 reveals that most the samples 2(5%) belongs to below 20 years,12(30%) belongs 21- 25 years,16(40%) belongs to 25-30,10(25%) belongs to above 30 years.

Percentage distribution of sample based on age (N=40)

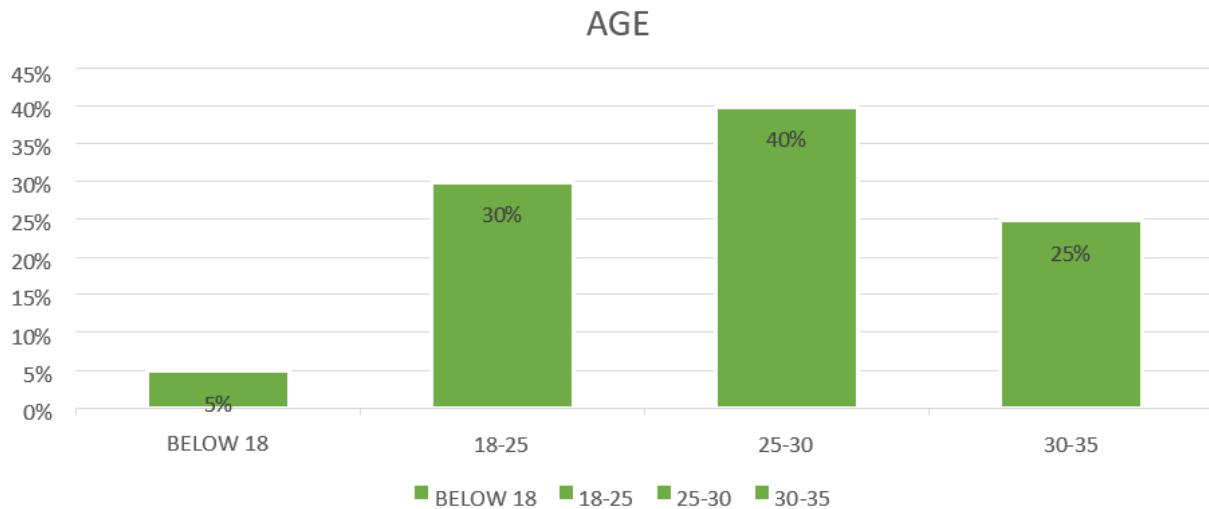


Figure 4.1 reveals that most the samples 2(5%) belongs to below 20 years,12(30%) belongs 21-25 years,16(40%) belongs to 25-30,10(25%) belongs to above 30 years.

Table 4.2: Frequency and percentage distribution of sample based on education.

SL NO	DEMOGRAPHIC VARIABLES		FREQUENCY	PERCENTAGE
2	EDUCATION			
	Primary education	11		27.5%
	secondary education	15		37.5%
	UG/Diploma	8		20%
	Post graduate	6		15%

Table 4.2: reveals that most the samples 11(27.5%) belongs to primary education,15(37.5%) belongs secondary education,8(20%) belongs to UG/Diploma,6(15%) belongs to post graduate.

Percentage distribution of sample based on education (N=40)

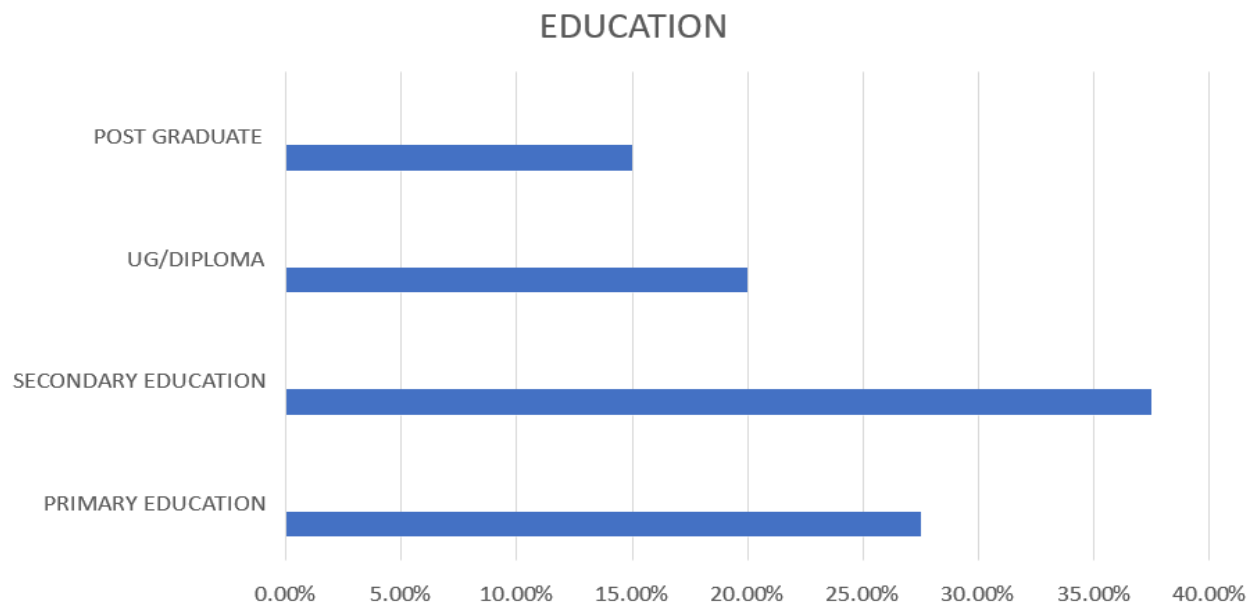


Figure 4.2: reveals that most the samples 11(27.5%) belongs to primary education,15(37.5%) belongs secondary education,8(20%) belongs to UG/Diploma,6(15%) belongs to post graduate.

Table 4.3: Frequency and percentage distribution of sample based on occupation.

SL NO	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
3	OCCUPATION		
	Daily wage	0	0%
	Self-employee	4	4%
	Private employee	6	15%
	Government empolyee	1	2.5%
	House wife	29	72.5%

Table 4.3: reveals that most the samples 0(0%) belongs to daily wage,4(4%) belongs to self- employee,6(15%) belongs to private employee,1(2.5%) belongs to government employee,29(72.5%) belongs to house wife
Percentage distribution of sample based on occupation. (N=40)

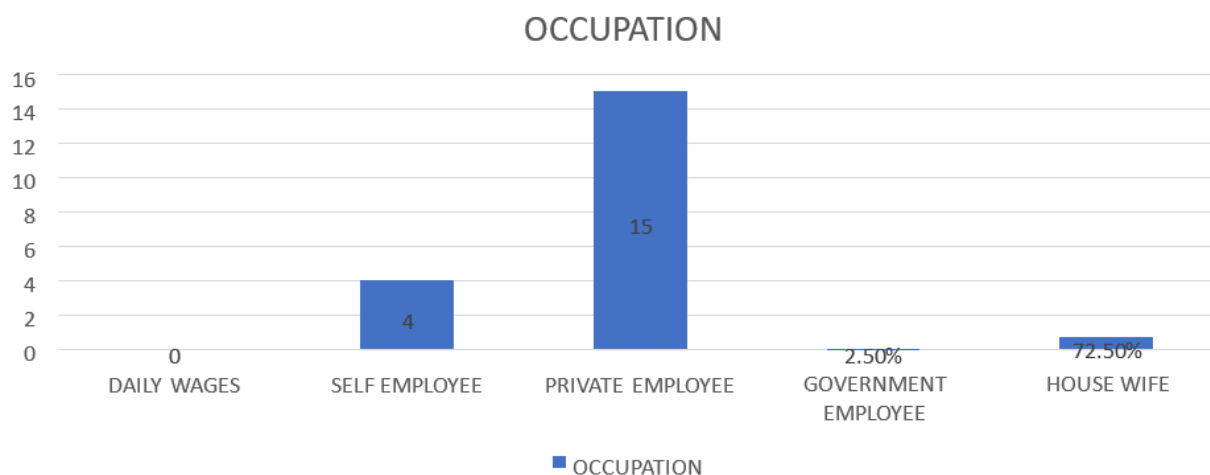


Figure 4.3: reveals that most the samples 0(0%) belongs to daily wage,4(4%) belongs to self- employee,6(15%) belongs to private employee,1(2.5%) belongs to government employee,29(72.5%) belongs to house wife.

Table 4.4: Frequency and percentage distribution of sample based on previous knowledge.

SL NO	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
4	PREVIOUS KNOWLEDGE		
	YES	14	35%
	NO	26	65%

Table 4.4: reveals that most the samples 14(35%) belongs to yes,26(65%) belongs to no.
Percentage distribution of sample based on previous knowledge. (N=40)



Figure 4.4: reveals that most the samples 14(35%) belongs to yes,26(65%) belongs to no

Table 4.5: Frequency and percentage distribution of sample based on parity

SL NO	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
5	PARITY		
	1 ST CHILD	21	52.5%
	2 ND CHILD	14	35%
	3 RD CHILD	5	12.5%

Table 4.5: reveals that most the samples 21(52.5%) belongs to 1st child,14(35%) belongs to 2nd child 5(12.5%) belongs to 3rd child

Percentage distribution of sample based on parity (N=40)

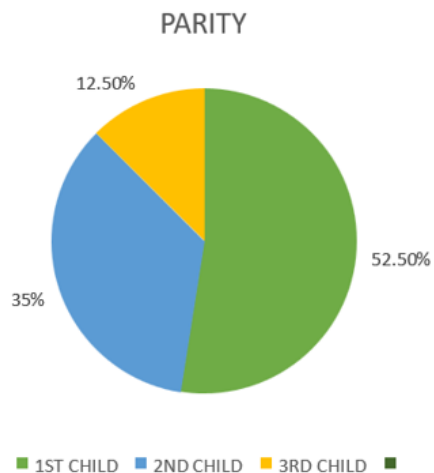


Figure 4.5: reveals that most the samples 21(52.5%) belongs to 1st child,14(35%) belongs to 2nd child 5(12.5%) belongs to 3rd child.

Section B

Part A: assess the pre-test knowledge regarding first aid management of foreign body aspiration among mothers of under five children

level of knowledge	%Range	Mark Range (1-20)	Scoring Percentage	
			Frequency	Percentage
Satisfactory	30%-50%	0-10	7	17.5%
Good	50%-75%	11-15	28	70%
Excellent	80%-100%	16-20	5	12.5%

Table 4.6 shows that the assessment of pre-test knowledge among mothers of under five children shows that highest percentage (70%) of the mothers of under five children had good knowledge regarding first aid management of foreign body aspiration. 17.5% of mothers of under five children had satisfactory knowledge and 12.5% had excellent knowledge.

Part B: - assess post-test knowledge regarding first aid management of foreign body aspiration among mothers of under five children

level of knowledge	%Range	Marks Range (1-20)	Scoring Percentage	
			Frequency	Percentage
Satisfactory	30%-50%	0-10	1	2.5%
Good	50%-75%	11-15	1	2.5%
Excellent	80%-100%	16-20	38	95%

Table 4.7 shows that the assessment of post-test knowledge among mothers of under five children shows that highest percentage (95%) of the mothers of under five children had excellent knowledge regarding first aid management of foreign body aspiration. 2.5% of mothers of under five children had both satisfactory and good knowledge.

Section: C

Assess the effect of video assisted teaching programme on knowledge regarding first aid management of foreign body aspiration among mothers of under five children.

SL. NO.	GROUP	MEAN	SD	'T' TEST VALUE	TABULATED VALUE
1.	PRE-TEST	12.675	2.62	10.7	2.021
2.	POST-TEST	17.45	2.71		

Significance at 0.05 level of significance

Table 4.8 shows that the mean value is 12.675 and SD is 2.62 for pre-test and mean value is 17.45 and SD 2.71 for post-test. T Test value is 10.7 and the tabulated value is 2.021 Hence calculated value greater table value, we accept H1. It was statistically significant at 0.05 level.

Section: D.

Find the association of knowledge regarding first aid management of foreign body aspiration among mothers of under five children with selected demographic variables.

Shows that there was no significant association between demographic variables in age group, The obtained χ^2 value is 4.365 and the table value is 12.592 and there is no significance at 0.05 level. In education

the obtained χ^2 value is 13.714 and the table value is 12.592 and there is significance at 0.05 level. In the job obtained χ^2 value is 7.016 and the table value is 16.919 and there is no significance at 0.05 level. In the previous knowledge obtained χ^2 value is 1.327 and the table value is 5.991 and there is no significance at 0.05 level. In parity the obtained χ^2 value is 6.797 and the table value is 9.488 and there is no significance at 0.05 level. All χ^2 values reveals that there was no association between demographic variables.

X. RESULTS

This chapter present the inference from the collected data and opens new awareness of intellectual fact and stimulate quest for more information. The findings of the study have been discussed with inference to objective related to study.

Objectives

- Assess the pre-test knowledge regarding first aid management of foreign body aspiration among mothers of under five children.
- Assess the post-test knowledge regarding first aid management of foreign body aspiration among mothers of under five children.
- Assess the effect of video assisted teaching program on knowledge regarding first aid management of foreign body aspiration among mothers of under five children.
- Find the association of knowledge regarding first aid management of foreign body aspiration among mothers of under five children with selected demographic variables.

Hypothesis

H1: There will be significant improvement in knowledge on first aid management of foreign body aspiration among mothers of under five children after video assisted teaching programme.

Results

The findings of the study presented under the following heading:

Section A: distribution of demographic characteristics of mothers of under five children.

Section B:

PART A: - assess the pre- test knowledge regarding first aid management of foreign body aspiration among mothers of under five children.

PART B: - assess the pre- test and post- test knowledge regarding first aid management of foreign body aspiration among mothers of under five children

Section C: Assess the effect of video assisted teaching programme on knowledge regarding first aid

management of foreign body aspiration among mothers of under five children.

Section D: find the association of knowledge regarding first aid management of foreign body aspiration among mothers of under five children with selected demographic variables.

Section A: distribution of demographic characteristics of mothers of under five children

- Regarding age: About 2(5%) belongs to below 20 years,12(30%) belongs 21-25 years,16(40%) belongs to 25-30,10(25%) belongs to above 30 years.
- Regarding education: About 11(27.5%) belongs to primary education,15(37.5%) belongs secondary education,8(20%) belongs to UG/Diploma,6(15%) belongs to post graduate.
- Regarding occupation: About 0(0%) belongs to daily wage,4(4%) belongs to self - employee,6(15%) belongs to private employee,1(2.5%) belongs to government employee,29(72.5%) belongs to house wife.
- Regarding previous knowledge: About14(35%) belongs to yes,26(65%) belongs to no
- With respect to parity: About 21(52.5%) belongs to 1st child,14(35%) belongs to 2nd child 5(12.5%) belongs to 3rd child.

Section B

Part A: assess the pre-test knowledge regarding first aid management of foreign body aspiration among mothers of under five children.

The assessment of pre- test knowledge among mothers of under five children shows that highest percentage (70%) of the mothers of under five children had good knowledge regarding first aid management of foreign body aspiration.17.5% of mothers of under five children had satisfactory knowledge and 12.5% had excellent knowledge.

Part B: assess the post-test knowledge regarding first aid management of foreign body aspiration among mothers of under five children.

The assessment of post- test knowledge among mothers of under -five children shows that highest percentage (95%) of the mothers of under five children had excellent knowledge regarding first aid

management of foreign body aspiration. 2.5% of mothers of under five children had both satisfactory and good knowledge.

Section C: assess the effect of video assisted teaching programme on knowledge regarding first aid management of foreign body aspiration among mothers of under five children.

The T Test value is 10.7 and the tabulated value is 2.021. Hence calculated value greater table value we accept H_1 . It was statistically significant at 0.05 level.

Section D:

Find the association of knowledge regarding first aid management of foreign body aspiration among mothers of under five children with selected demographic variables.

There was no significant association between demographic variables in age group The obtained χ^2 value is 4.365 and table value is 12.592 and there is no significance at 0.05 level. In education the obtained χ^2 value is 13.714 and the table value is 12.592 and there is significance at 0.05 level. In the job obtained χ^2 value is 7.016 and the table value is 16.919 and there is no significance at 0.05 level. In the previous knowledge obtained χ^2 value is 1.327 and table value is 5.991 and there is no significance at 0.05 level. In parity the obtained χ^2 value is 6.797 and table value is 9.488 and there is no significance at 0.05 level. All χ^2 values reveals that there was no association between demographic variables.

XI. DISSCUSION

Purpose of study was to assess the knowledge regarding the first aid management of foreign body aspiration among mothers of under five children in selected Anganwadi's of Palakkad District. The sample size was 40 mothers 40 pre-experimental group).

A pre-experimental pre-test and post-test design was adapted to conduct the study. The data was collected from 40 sample by using pre-experimental method.

In the study we have to find the effectiveness of knowledge of the mother regarding the first aid management of foreign body aspiration among under five mothers.

XII. SUMMARY

The present study is a pre-experimental pre-test and post-test study and to evaluate the effect of planned video assisted teaching programme on knowledge regarding first aid management of foreign body aspiration among under five mothers in selected Anganwadi's in Palakkad district.

The objectives of the study were:

- Assess the pre-test knowledge regarding first aid management of foreign body aspiration among mothers of under five children.
- Assess the post-test knowledge regarding first aid management of foreign body aspiration among mothers of under five children.
- Assess the effect of video assisted teaching program on knowledge regarding first aid management of foreign body aspiration among mothers of under five children.
- Find the association of knowledge regarding first aid management of foreign body aspiration among mothers of under five children with selected demographic variables.

After collecting the data from the sample, it was coded and grouped and interpreted according to objectives of study. The collected data were analysed by using pre-experimental one group method.

XIII. CONCLUSION

The study has assessed to evaluate the effect of planned video assisted teaching programme on knowledge regarding the first aid management of foreign body aspiration of among under five children in selected Anganwadi's in Palakkad district.

The study showed that in pre-test, satisfactory (0-10) 17.5%, good (11-15) 70%, excellent (16- 20) 12.5% and in the post-test satisfactory (0-10) 2.5%, good (11-15) 2.5% excellent (16-20) 95%. The t-test value is 10.7 and tabulated value is 2. 021.Hence calculated value greater than value, we accept H_1 .

Nursing Implication: The findings of the present study have implications for the field of nursing education, nursing practice, nursing administration and nursing research.

Nursing Education: The students nurse should be motivated to take up the innovative approaches to provide health education to the mothers of under five children groups in different settings of community. They should be aware of first aid management of foreign body aspiration. The finding of the study would help the mothers of under five children to develop and insight into the importance of first aid management of foreign body aspiration and its various aspects.

Nursing Administration:

- Nursing administration should take initiative in creating plans and programmes on conducting awareness programme. They should plan for man power, material, money, methods and time to conduct successful education programmes.
- Nursing administration can make arrangement for conducting health education regarding first aid management of foreign body aspiration.
- Nursing administrator can prepare adequate learning materials for mothers of under five children to give health education regarding first aid management of foreign body aspiration.
- Nursing administrator can provide more opportunities and exposure to mothers of under five children to updating knowledge in the field of first aid management of foreign body aspiration through journals, periodicals, conferences and research articles etc.

Nursing Research

The findings of the research study can inspire the mothers of under five children to conduct further researchers related to first aid management of foreign body aspiration. The effectiveness of the research can be made by further replication of the study.

Limitations

- The study was limited to 1 week.
- The study was limited to mothers of under five children.

Recommendation

Based on the findings of the study it is recommended that:

A similar study may be replicated on the general population for wider generalization.

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