

ORIGINAL PAPER

Evaluating a Health Educational First Aid Program for Special Education School Personnel: a Cluster Randomised Trial

Marianthi Alexandropoulou RN, PhD
Metaxa Oncology Hospital of Piraeus, Piraeus, Greece

Correspondence: Marianthi Alexandropoulou, Metaxa Oncology Hospital of Piraeus, Greece.
Email address: malexan@nurs.uoa.gr

Abstract

Aim: To evaluate the effectiveness of a health educational first aid program for special education school personnel.

Design: Cluster randomized trial using Solomon four group design.

Setting: Twenty-four randomly selected special education schools in Attiki, Greece. For conducting the study ethical approval was granted both by the Greek Ministry of Education and the Pedagogic Institution.

Method: Schools were randomized in four groups. The two intervention groups consisted of 86 participants and the two control of 94.

Results: Knowledge was assessed by a First Aid Questionnaire (Cronbach's alpha=0.79) employing non parametric tests. Statistical analysis showed significant difference within the four groups. Intervention groups had improved significantly their knowledge showing that the program was effective (Kruskal-Wallis one way ANOVA $\chi^2=74.383$, $p<.001$) and that they would eventually deal with a threatening situation with right handlings (Kruskal-Wallis one way ANOVA $\chi^2=74.173$, $p<.001$) Insecurity and doubting in relation to providing first aid were reduced (Kruskal-Wallis one way ANOVA $\chi^2=42.604$, $p<.001$). Intervention groups understood the educational program and acquired a sufficient level of knowledge (Kruskal-Wallis one way ANOVA $\chi^2=55.256$ $p<.001$).

Conclusion: First aid health educational program on the one hand enhanced knowledge and improved skills, but on the other hand training is imperative in regular intervals carried out by trained healthcare professionals.

Key words: effectiveness, first aid, health education, knowledge, special education school personnel.