

Efforts To Increase Knowledge of First Aid in Accidents at Sma It Almumtaz School in Pontianak, West Borneo

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Abstract

Accidents happen without being predicted by the victim in everyday life. Accidents can happen anywhere: at school, at home, on the road, at work, or in other places. The consequences caused by it include minor, moderate, and severe injuries, and even death. Several factors affect the consequences of accidents experienced by victims, including the severity of the injury, the time between events for First Aid in Accidents services, the skills of First Aid in Accidents officers, the mileage to the hospital, the availability of transportation to the hospital, and communication to the destination hospital. Risk factors for accidents at school include injuries, bleeding, sprains, hazards posed during learning such as sports or when students play in the yard, and ergonomic hazards from moving things or objects. Accuracy and speed in providing first aid in schools against injuries and medical emergencies will help reduce complications, medical expenses, and deaths. The knowledge and attitude of the helper will affect the speed and accuracy with which they carry out their duties. This activity involved 23 students from SMAIT Almumtaz Pontianak City. Activities carried out in February–April 2022 include the stage of assessing each student's knowledge, after which it conducts material provision and a reassessment of students' knowledge about first aid in accidents. Participants enthusiastically participated in counseling about first aid in accidents in schools. The results of the activity showed an increase in knowledge in the participants' average knowledge before health education of 78.5%, while after receiving health education the average knowledge score was 91%. There was an increase of 12.5% in student knowledge related to first aid in accidents in schools.

Keywords: First aid in accidents, Knowledge, Students

INTRODUCTION

Accidents that happen to a person or group of people can happen anywhere and anytime. Accidents can occur at school, home, on the road, at work, or elsewhere. Accidents happen unexpectedly, and the consequences they cause vary and can be in the form of minor, moderate, severe, or even fatal injuries. Factors that influence the consequences experienced by the victim include the severity of the injury, the time between the incident and first aid services in an accident, first aid facilities in an accident, the skills of first responders in an accident, the distance to the hospital, the availability of transportation to the hospital, and communication to the destination hospital.

The incidence of accidents in schools varies; for example, children may slip in the bathroom, causing tearing and bruising wounds; fight; fall; burn; get food poisoning; choke on food; faint; and experience other accidents. Help in an accident must be known by the people closest to the incident (Nilamsari & Damayanti, 2018). Emergency conditions can occur anywhere and anytime. The task of health workers to deal with these problems, even so, does not rule out the possibility that emergency conditions can occur in areas that are difficult for health workers to reach, so in these conditions, the participation of the community to help victims before they are discovered by health workers becomes very important (Sudiharto & Sartono, 2011). Efforts to reduce the negative impact of emergency cases are called first aid. First aid in an accident is the fastest possible assistance to accident victims or sick people with basic medical care, which is a relief measure that is based on medical science and can be provided by ordinary people. First aid is not a perfect treatment; it is still only a temporary help from the person who first saw the victim (Yulianingsih, Nengsih, 2017).

First Aid in Accidents at School is an effort to help and treat victims of accidents at school before being taken to hospitals, health centers, or health clinics for better help from doctors or

paramedics. The provision of prompt and appropriate assistance to patients who need help, especially in schools, prevents the victim's condition from getting worse. However, often when you want to give help to the sufferer, the helper does not know how to provide first aid, so it hurts the sufferer. People often find ways of handling accidents based solely on the habits of their ancestors as opposed to their health. Accuracy and speed in providing first aid in schools against injuries and medical emergencies will help reduce complications, medical expenses, and deaths. The knowledge and attitude of the helper will affect the speed and accuracy of helping. Therefore, helpers must be truly competent in helping emergency patients. The first helper who is ready to help is expected to make a profit off of the other party (Annas, Yudha, and Sawiji, 2016).

Knowledge of something can increase due to exposure to knowledge from the environment. According to Nurhanifah (2017), health education has an effect on the level of knowledge about first aid in accidents. Health education is the process of changing habits, attitudes, and knowledge in human beings to achieve health goals. Health education is a form of independent nursing intervention to help clients—individuals, groups, and communities overcome health problems through learning activities and nurses acting as educators (Niman, 2017).

METHOD

The activity was carried out in February–April 2022, starting from the stage of conducting activity permits, site surveys, and equipment preparations. Furthermore, activities are to provide health promotion that is carried out, including conducting a pre-health promotion assessment of each student's knowledge, delivering material on first aid in accidents, and conducting post-health promotion assessments on students' knowledge of first aid in accidents. Health promotion is carried out by the discussion method.

RESULTS and DISCUSSION

This health promotion activity was followed by 23 students from SMAIT Almunta and 2 teachers. The results showed that participants seemed enthusiastic; Health Promotion participants asked questions, namely, how to help the injured with nosebleeds and sprains. Here are the results of increasing knowledge.

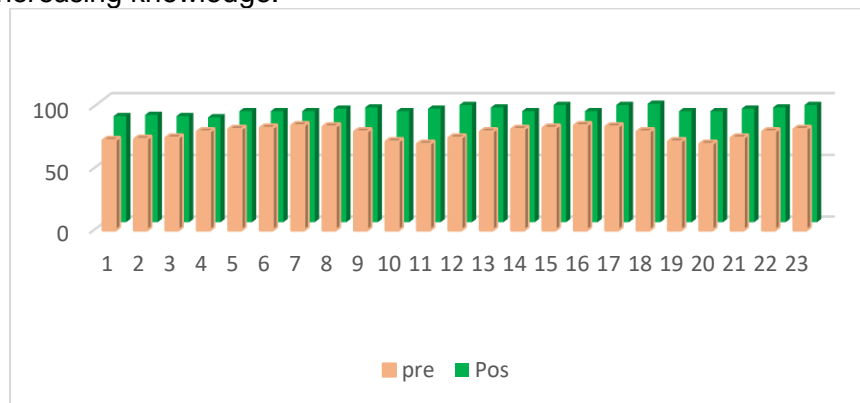


Figure 1. Increased knowledge about first aid in accidents (P3K)

The table above shows that there is an increase in students' knowledge about first aid in accidents. The average value before doing health promotion is 78.5%; after doing health education, the value is 91.1%. There was an increase of 12.6%.

CONCLUSIONS and RECOMMENDATIONS

After the health promotion, there is an increase in the knowledge of SMAIT Almunta students about first aid in accidents.

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APPENDIX

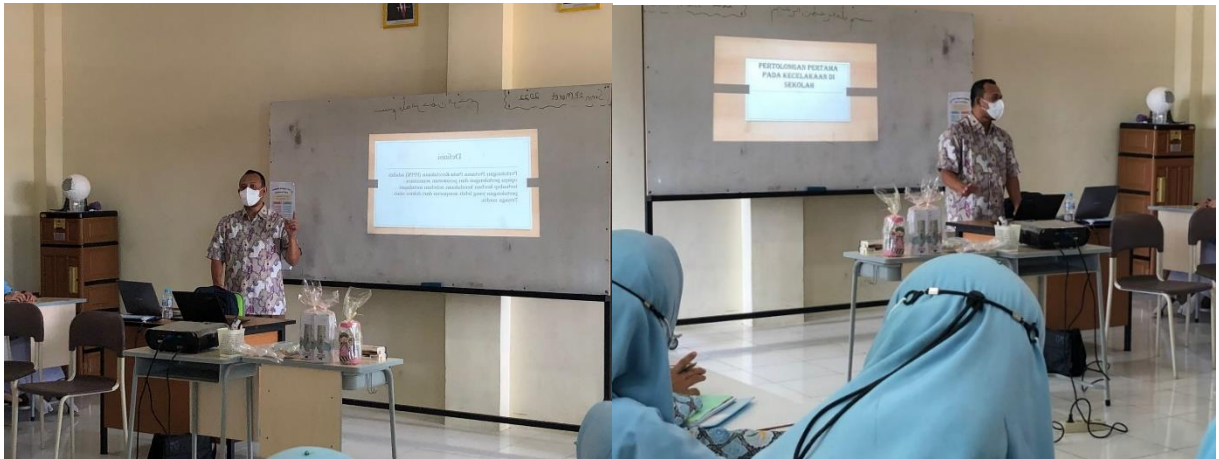


Figure 2. Given health promotion activities on first aid in accidents at SMAIT Almutaz school, Pontianak city.



Figure 3. Discussion about first aid in accidents



Figure 4. Pre-test and post-test after health promotion

