

Research Article

First Aid Skills of Filipino Pre-Service Teachers of Batangas State University–JPLPC, Malvar

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Abstract: The primary purpose of the study was to determine the first aid skills of Filipino Pre-service Teachers of Batangas State University–JPLPC Campus during the school year 2016-2017. This regarded the responses given by the respondents to the prepared questionnaire. This study covered the respondents profile in terms of sex, age, and numbers of related seminars attended in first aid. Furthermore, this also included suggested seminars and training programs for the Filipino pre-service teachers to become more skilled in First Aid.

The questionnaire was used as a major instrument for the data gathering. Most of the respondents were 17 to 21 years old because there were no freshmen in Academic Year 2015-2016. In terms of sex, male and female respondents are equally distributed. In terms of related seminars attended, there were 33 out 52 pre-service teachers or 63 percent who had attended related seminars regarding first aid. The study revealed that the Filipino pre-service teachers in Batangas State University–JPLPC Campus were highly ready in First Aid in terms of assessing, resuscitating, bandaging, wound dressing, splinting. In terms of the parameters they were all skilled based on the response of the respondents’.

Based from the findings, the study revealed that there was a significant relationship between the respondents’ profile and their first aid skills. Additionally, the researchers proposed seminars and training programs for the Filipino pre-service teachers to become more skilled in First Aid. From the conclusion drawn, the proposed seminars and training programs are recommended to the Filipino pre-service teachers of Batangas State University–JPLPC Campus. Also, the researchers believe that the school administration should conduct seminars to help Filipino pre-service teachers to enhance their skills in first aid. In relation, the Filipino pre-service teachers are suggested to attend different seminars and training programs for them to know more about first aid and for them to enhance their level of skills in First Aid. Additionally, as Filipino pre-service teachers, they are the ones who are expected to become ready during emergency in which first aid is deemed very important. Therefore, the proposed seminars and training programs for Filipino pre-service teachers will increase their first aid skills.

Keywords: Filipino Pre-service Teachers, First Aid skills.

1. Introduction

First aid is the first, immediate, resourceful, scientific, treatment given to a victim who experiences accidents, injuries and diseases. It is temporary care to give while waiting for the doctor to come. It is the treatment given to the victim when an accident or incident happens. The fact remains that accident happen, even experiencing it as a bystander, an accidents is not a pleasant scene. If an accident happens in the school, anyone should not be a helpless witness, since simply standing by can potentially worsens the situation. For this reason, it is important to have at least a basic knowledge about first aid.

The importance of first aid is hard to overestimate. Knowledge in first aid also benefits the individuals or teachers themselves. Whether the emergency affects them directly, or involves people they live and work with, first aid stems severity of an emergency in a given time and place.

Accident is the most common cause of death and one of the most serious health problems facing the world today. Many accidents occur in schools and society leading to fractures, wounds, and many other health problems that needs to be handled quickly before emergency service providers arrive.

Providing first aid training to an individual gives a great initiative to the community. By having people with the right first aid skills confidently on utilizing the said skills, emergency first aid can be done immediately, thus saving a life or preventing more damaged.

Giving first aid to the victim lessens the possibility that may lead to further injuries. It may also lessen the work of the doctor. First aid is not easily given to a person who suffers from injuries or other accidents. Different treatments are given to different type of accidents. Each kind of ailment has a separate way of treatment when it comes to first aid. Hence, a first aider must know the right ways to do and how they are going to respond on a certain dilemma wherein some of that first aider is member of organizations that promotes safety and first aid. They provide programs, seminars and simulations in the community just like in schools.

The Red Cross recommends that schools make life saving skills and resilience building part of core subject like science and physical education. Thus, the implementation of first aid education was launched. The department of health DOH is the principal health agency in the Philippines responsible for ensuring access to basic public health services to all Filipinos through the provisions of quality health care and regulation of providers of health goods and services.

Dager (2014) defines first aid as an immediate care given to victims of accident before trained medical workers arrive. First aid is a practice that an individual performs in an unexpected situation calmly and confidently. They are also ensuring the safe of the person suffering in a sudden illness and also gave importance the life of others. First aid means you are able to give others some instruction to promote a reasonable safety attitude and to assist them wisely if they are stricken.

One can improve First aid skills through attending training programs regarding First Aid to set the awareness of an individual about the said topic. Here are some basic skills in first aid that we should know; First Aid and CPR, Training for Sports Safety, First Aid Emergency, Training for Babysitters, and Pet First Aid. This skill is the most common first aid training that everyone should learn.

In the Philippines, safety services are tasked with a nationwide educational campaign to ensure the health and safety of the Filipino people to effectively carry this task, the safety services program includes the conduct of training in first aid, basic life support, water safety (swimming, aquatic life saving and life guarding), accident prevention and other basic rescue courses (EMT-basic, Rope Rescue Technician, Vehicular Extrication, etc.) (Philippine Red Cross). In every level of education there are activities established by the school such as outdoor activities that can increase the students' different abilities. However, during these outdoor activity accidents may happen that's why knowledge on first aid is necessary.

Emergencies and First Aid concept is also included in modern k-12 Basic Education Curriculum in the Senior High School specifically the Grade 9 wherein the students can identify signs and symptoms of injuries as well as situations that may require prompt response for safety rescue and transfer. The students in Senior High School nowadays can also learn to perform appropriate and correct procedures during disaster and emergencies in sports, exercises and recreational games which are essential to the students and the teachers who handle them as well.

In the light of the views presented, the researchers taking up Bachelor of Secondary Education majoring in MAPEH conducted a study on the First Aid skills among the MAPEH Pre-service Teacher at BatStateU JPLPC-Mavar. The researchers believe it best among the said student because they can apply what they have learned in the said study.

Safety Education and First Aid subject was thought to the MAPEH majors during first semester of the junior level wherein students were taught the safety awareness and how one would respond to different accidents, injuries, and diseases. They were also taught how to become first aiders. Because of the knowledge on first aid they were the ones who served as the first aiders in the campus during the University intramurals and other related activities.

1.1 Objectives of the study

This research assessed the First Aid skills of Filipino pre-service teachers of Batangas State University JPLPC-Malvar. These pre-service Teachers are officially enrolled during the Academic Year 2016-2017. Specifically, this study will sought answers to the following questions. What is the profile of the respondents in terms of; sex; age and number of related seminars attended? How may the respondents' First Aid Skills be described in terms of; assessing; resuscitating; bandaging; wound dressing and splinting? Is there a significant relationship between the respondents' profile and their First Aid skills? What course of action may be proposed to enhance the First Aid skills of Filipino Pre-service Teachers?

2. Methodology

The main purpose of this study was to assess Filipino Pre-service Teachers in First aid skills by attending different Training Programs regarding first aid. For this reasons, this study made use of descriptive-correlational method, a fact finding method, through the use of questionnaire in skills for the documentary analysis.

Using the questionnaire, the researchers determined the perception of the students towards the first aid skills with the following interpretation:

Scale	Mean Ranges	Verbal Interpretation
4	3.51-4.00	Strongly Agree/Highly skilled
3	2.51-3.50	Agree/Skilled
2	1.51-2.50	Slightly Agree/Slightly Skilled
1	1.00-1.50	Disagree/Not Skilled

The quantitative data gathered were subjected for checking, scoring, analysis and interpretation with the help of statistician. The researchers with the help of the statistician made a careful evaluation of the results of the questionnaires.

Each item in the questionnaire was analysed and interpreted to come up with some implications of the findings.

3. Results and Discussions

This chapter present the data gathered together with the corresponding analysis and interpretation. The data are presented in tabular from organized in a sequential manner following the order of presentation of the specific problems posed in chapter 1.

3.1 Profile of the Respondents

Table 1. Profile of the respondents in terms of sex, age and number of related seminars are presented. These are found in the succeeding tables.

Sex	Frequency	Percentage
Male	21	60
Female	31	40
Total	52	100
Age in Years	Frequency	Percentage
21 and above	10	20
19–20	21	40
17–18	21	40
Total	52	100
Number of Related Seminars	Frequency	Percentage
5 and above	5	10
3–4	14	27
1–2	33	63
Total	52	100

Majority of the respondents are male students and the remaining are female students. Most of them have an age range to 17-18 and 19-20 and most of the respondents had attended seminars range to 1-2 with highest percentage. The result in table number 3 shows that thirty three or 63% of the respondents are attended seminars range to 1-2 followed by fourteen or 27% of the respondents are attended seminars range to 3-4 and least are 5 and above seminars attended with five or 10% only.

3.2 Respondents' First Aid Skills

This part of the study determined the respondents' first aid skills in terms of assessing, resuscitating, bandaging, wound dressing and splinting. The statement is divided into five parameters wherein each parameter has five statements that are used to determine the first aid skills.

Table 2. Respondents' First Aid Skills in Terms of Assessing

Item Statements	Mean	Standard Deviation	Verbal Interpretation
As a pre – service teacher, I can ...			
1. check the area if it is safe for me and for the victim before administering first aid.	3.67	0.55	Strongly Agree
2. determine the responsiveness of the victim by tapping him/her and asking “sir/ma’am are you okay”.	3.65	0.59	Strongly Agree
3. ask the patient to describe any symptoms, including pain, soreness or discomfort with the respond made.	3.65	0.48	Strongly Agree

4. check the victim's condition from time to time until the emergency medical service arrives.	3.44	0.70	Agree
5. remove the victim from any source of immediate danger, planes, heavy smoke, or threatening traffic while waiting for help.	3.62	0.53	Strongly Agree
Composite Mean	3.61	0.57	Skilled

The skills of the respondents regarding to first aid showed that the respondents are skilled with a composite mean of 3.61 in terms of assessing.

The study of Sta. Cruz (2007) showed that having adequate knowledge in first aid is important in dealing with an accident situation. The study showed that the basic first aid along with emergency care is very important in prevention in further injuries of a victim of mishaps, home, vehicular and other accidents before it is given a serious medical attention and care.

Table 3. Respondents' First Aid Skills in Terms of Resuscitating

Item Statements	Mean	Standard Deviation	Verbal Interpretation
As a pre-service teacher, I can ...			
1. check if the person is conscious or unconscious by asking "ma'am/sir are you okay?"	3.58	0.57	Strongly Agree
2. do cardio pulmonary resuscitation if the victim does not respond.	3.10	0.75	Agree
3. perform cardio pulmonary resuscitation by pushing hard and fast in the middle of the chest at a rate of at least 100 compression per minute.	3.10	0.77	Agree
4. give the first rescue breath then watch to see if the chest rises.	3.27	0.72	Agree
5. check normal breathing, observe chest motion, and listen normal breath sounds.	3.40	0.69	Agree
Composite Mean	3.29	0.70	Skilled

The skills of the respondents regarding to first aid showed that the respondents are skilled with a composite mean of 3.29 in terms of resuscitating. Plus (2012) Stress that resuscitating is a procedure performed to restore a person's spontaneous blood circulation and preserve intact brain function in case a person is suffering from cardiac arrest or a person with no vital signs.

CPR is a manual treatment, which indicated until further treatment, such as defibrillation is available. Time is a very important factor when an unconscious person is not breathing. Permanent brain damage after only 4 minutes without oxygen, and death can occur as soon as 4-6 minutes later.

Table 4. Respondents' First Aid Skills in Terms of Bandaging

Item Statements	Mean	Standard Deviation	Verbal Interpretation
As a pre – service teacher, I can ...			
1. use triangular bandage to support fractured or dislocated bone.	3.48	0.73	Agree
2. perform bandaging by applying direct pressure to the using wound tensor bandage.	3.42	0.61	Agree
3. use strip bandage to cover the small cuts, scrapes and minor wounds particularly in the hand or finger.	3.58	0.64	Strongly Agree
4. use wrap or elastic bandage when the wound is too large.	3.31	0.73	Agree
5. use the doughnut bandage to the wound which contains a foreign object, like a shard of glass, a piece of wood, or a piece of metal.	3.21	0.82	Agree
Composite Mean	3.40	0.70	Skilled

The skills of the respondents regarding to first aid showed that the respondents are skilled with a composite mean of 3.40 in terms of bandaging. The first aid skills of the respondents regarding the use of strip bandage was to high maybe because many of them had experienced small cuts or minor wounds. It is supported by First Aid Textbook, American Red Cross that small cuts or minor wounds are the common wound injury. American Red Cross (2015) stated that bandaging is used to hold a dressing in place over a wound, to create pressure over a bleeding wound for control of hemorrhage, to secure a splint to an injured part of the body, and to provide support to an injured part. A bandage should never be applied directly over a wound it should be used only to hold in place the dressing which covers a wound.

Table 5. Respondents' First Aid Skills in Terms of Wound Dressing

Item Statements	Mean	Standard Deviation	Verbal Interpretation
As a pre – service teacher, I can ...			
1. apply dressing to the wound without touching the part of dressing that will be in contact with the wound.	3.52	0.58	Strongly Agree
2. use sticky tape to hold the pad in place then start the winding of the short end of the bandage once around.	3.15	0.72	Agree
3. cover the whole pad by the bandage, then, leave the short end of the bandage hanging free so you can use it to tie the knot.	3.35	0.65	Agree
4. keep pressure on the wound to control the bleeding using rolled up bandage.	3.29	0.72	Agree
5. tie the bandage to the wound then check the blood circulation in the hand or put beyond where it is tied, pressing the finger nail or skin beyond the bandage until it goes pale the let go.	3.33	0.71	Agree
Composite Mean	3.33	0.77	Skilled

The skills of the respondents regarding to first aid showed that the respondents are skilled with a composite mean of 3.33 in terms of wound dressing.

According to American Red Cross (2015) stressed that wound dressing promote healing and protect the wound from the further harm. Having knowledge to this type of skill in first aid would use for emergencies situation that needed to control bleeding or to ensure that adequate pressure is applied over the injury.

Table 6. Respondents' First Aid Skills in Terms of Splinting

Item Statements	Mean	Standard Deviation	Verbal Interpretation
As a pre – service teacher, I can ...			
1. apply splint to the joint above and all the joints below the injury site, to keep free movement of the injury to a minimum and restrict movements of the surrounding tissues.	3.13	0.79	Agree
2. apply ties directly over the injured area and fasten the splint tightly enough to hold the body parts still.	3.04	0.77	Agree
3. check the areas around every few minutes for signs of decreased blood circulation.	3.29	0.72	Agree
4. apply splint extensor tendon injuries to prevent any flexing of the hand and fingers.	3.00	0.79	Agree
5. lay the person down without affecting the injured body part possibly elevating the legs, positioning the head slightly below heart level.	3.23	0.76	Agree
Composite Mean	3.14	0.77	Skilled

The skills of the respondents regarding to first aid showed that the respondents are skilled with a composite mean of 3.14 in terms of splinting. American Red Cross (2015) stated that splinting is a method of immobilizing an injured part to minimized movement and prevent further injury, and should be used only if you have to move or transport the person to seek medical attention and if it does not cause more pain.

4. Relationship between the Respondents' Profile and Their First Aid Skills

Table 7 presents the relationship between the respondents' profile and their assessed first aid skills. The next table presents the relationship between the respondents profile and their skills on first aid. This table would determine if there is a significant relationship between the respondent's profile and their first aid skills.

Table 7. Relationship between the Respondents' Profile and Their First Aid Skills

Variables	Computed χ^2	p Value	Decision (H_0)	Interpretation
Sex and First Aid Skills	11.874	0.008	Reject	Significant
Age and First Aid Skills	56.682	0.000	Reject	Significant
Number of Related Seminars and First Aid Skills	27.949	0.000	Reject	Significant

The number of related seminars was correlated to the assessed first aid skills the computed value was 27.949 which were greater than the p value of 0.000 which lead to the rejection of the hypothesis and it was significant to the study. his findings explained that the Filipino pre-service teacher are skilled on first aid because they underwent several first aid trainings held at school and they took up the subject NSTP in which first aid was taught and first aid is also part of their subjects in third year which is MAPEH 307 (Personal, Community, Environmental Health).

The study of Chamiedes (2010) showed that first aid is easy to learn and understand. Anyone with normal intelligence can carry them out. All it takes is ability to make definite decisions and the courage to follow them through. Any lack decision in time of crisis may be fatal. This study shows how simple to promote the necessary procedures in applying first aid but what was complicated was how and what decisions to give in different situation.

5. Implications of the Findings

After the careful tabulation, statistical treatment, analysis and interpretation of data, the following findings were revealed: Majority of the respondents are male students and the remaining are female students. Most of them have an age range to 17-18 and 19-20 and most of the respondents had attended seminars range to 1-2 with highest percentage.

The skills of the respondents regarding to first aid showed that the respondents are skilled with a composite mean of 3.61 in terms of assessing, 3.29 in terms of resuscitating, 3.40 in terms of bandaging, 3.33 in terms of wound dressing, 3.14 in terms of splinting. The computed value of the respondents' sex, age, and number of related seminars was higher than the tabular value that there was a significant relationship that result to the rejection of the null hypothesis. The possible intervention programs which may be suggested are meeting, seminars, and programs about first aid in order to enhance their knowledge and skills in terms of first aid.

6. Conclusions and Recommendations

In the light of the important findings revealed in the study, the following conclusions are hereby given: Majority of the respondent are male with an age range to 17-18 and 19-20 and attended related seminars range to 1-2. The first aid skills on first aid by the respondent are skilled to first aid. There was a significant relationship between the first aid skills and their profile in terms of sex, age and seminars attended.

Considering the significant findings revealed and conclusions drawn in this study, the researcher suggested the following recommendations; Include first aid as a course not only to Filipino pre-service teacher but to every program in the campus. For the community and other non-governmental units, they may help the school in organizing meeting and seminars that would educate the students as well as their parents about first aid. And, similar studies may be conducted for further information about how the students may enhance their skills in first aid.

Conflicts of interest

There is no conflict of interest of any kind.

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