

A Study to Assess the Effectiveness of Video Assisted Teaching on Effective Knowledge and Skill Performance of Cardio-Pulmonary Resuscitation among GNM students in Selected School of Nursing at Sultanpur, UP

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Abstract

Background: Cardiopulmonary Resuscitation (CPR) is a life-saving technique used in emergencies when a person's heartbeat or breathing has stopped, such as during a cardiac arrest or drowning. "CPR is an emergency procedure involving chest compressions and ventilations to manually preserve the brain function and restore the spontaneous blood circulation and breathing in a person who is in cardiac arrest."

Objective: 1. To assess the pre-test level of effective knowledge of cardiopulmonary resuscitation (CPR) among GNM students. 2. To assess the pre-test level of skill performance of cardiopulmonary resuscitation (CPR) among GNM students. 3. To assess the post-test level of effective knowledge and skill performance of CPR among GNM students. 4. To compare the pre-test and post-test levels of effective knowledge and skill performance of CPR among GNM students. 5. To find out the association between pre-test effective knowledge and skill performance with selected socio-demographic variables. **Methods:** A quantitative research approach with a pre-experimental design was used. The study was conducted among 30 GNM students had selected by sampling technique was adopted non-probability sampling technique (Purposive Sampling technique). The data collected with use of self- structured knowledge questionnaire and for skill performance used observational checklist. The study was conducted in Sarthak Institute of Medical Science, Pandela, Kadipur, Sultanpur. After the pre-test assessment, a video assisted teaching was implemented and a post-test was conducted. Data were analyzed with using descriptive and inferential statistics. **Results:** The findings of the study revealed that, the mean pre-test score was 12 and the mean

post-test score was 21.33 with a mean difference of 9.33. The calculated t-value (2.045) was greater than the table value (2.756) at p 0.005, showing a highly significant difference. **Conclusion:** The study concluded that video assisted teaching was effective in improving the knowledge and skill performance of CPR among GNM students. After the teaching intervention, the post-test scores of students were higher than the pre-test scores.

Keywords: Knowledge, Skill Performance, Effectiveness, Video Assisted Teaching, Cardio-pulmonary Resuscitation

INTRODUCTION

Nursing education plays a crucial role in developing competent healthcare professionals equipped with the knowledge, skills, and attitude required for patient care, especially in emergency scenarios. One of the most critical life-saving procedures that every nurse must be proficient in is Cardiopulmonary Resuscitation (CPR). CPR is a cornerstone of emergency cardiovascular care and is vital for the survival of individuals experiencing cardiac arrest.

Cardiopulmonary Resuscitation (CPR) is a life-saving technique used in emergencies when a person's heartbeat or breathing has stopped, such as during a cardiac arrest or drowning. "CPR is an emergency procedure involving chest compressions and ventilations to manually to preserve & intact brain function and restore the spontaneous blood circulation and breathing in a person who is in cardiac arrest." AHA recommends the CAB sequence for CPR: Step action notes

C - Circulation – Chest Compression Push hard and fast (rate: 100– 120/min, depth: 2–2.4 inches)

A - Airway– Open the Airway Use head-tilt/chin-lift method

B - Breathing – Give Rescue Breaths 2 breaths after every 30 compressions (if trained). Early recognition & call for help (911/emergency) Early CPR with high quality compressions Early defibrillation (AED use) Advanced life support Post cardiac arrest.

The World Health Organization (WHO) recognizes Cardiopulmonary Resuscitation (CPR) as a critical life-saving emergency procedure used to restore breathing and blood circulation in a person who has suffered sudden cardiac arrest or respiratory failure. Promotes public education and awareness of CPR, especially in low-resource settings. Encourages basic emergency training for all healthcare workers and community first responders. Supports integration of CPR and first aid training into national health strategies. Recognizes the importance of bystander CPR and automated external defibrillators (AEDs) in improving survival rates.

OBJECTIVES:

1. To assess the pre-test level of effective knowledge of cardiopulmonary resuscitation (CPR) among GNM students.
2. To assess the pre-test level of skill performance of cardiopulmonary resuscitation (CPR) among GNM students.
3. To assess the post-test level of effective knowledge and skill performance of CPR among GNM students.
4. To compare the pre-test and post-test level of effective knowledge and skill performance of cardiopulmonary resuscitation among GNM students.

5. To find out association between pre-test on effective knowledge and skill score with selected socio-demographic variables.

METHODS

Study design

The research design selected for the present study was Pre- Experimental study in which Pre-test post-test one group was adopted as research design.

Study population

Population refers to the entire aggregation of cases that meet a designated set of criteria. In this study population consisted of GNM students studying in selected School of Nursing at Sultanpur.

Study area

Sarthak Institute of Medical Science, Pandela, Kadipur, Sultanpur, Uttar Pradesh.

Sample size. For the present study sample size is 30.

Sampling method

Sampling is the process of selecting a portion of the population to obtain data regarding a problem. In this study the samples were selected through non-probability sampling technique (purposive sampling technique).

1. INCLUSION CRITERIA:

- GNM students who are willing to participate in the study.
- Students available during the time of data collection.
- Students who have not received prior formal CPR training recently.

2. EXCLUSION CRITERIA:

- Student who are absent during the intervention or data collection.
- Students who are work as health professionals.
- Those who are already participating in another study.

DATA COLLECTION TOOL

The study tool considered of three section,

Section 1: Consisted of demographic variables that include age, gender, academic year of study, father's education, mother's education, type of residential area, type of family, religion, do you have some previous knowledge regarding CPR.

Section 2: Consist of self-structured knowledge questionnaire of cardiopulmonary resuscitation. This section consists of 30 items selected aspects based on Basic concept of CPR, Steps of CPR, CPR technique for adult, Indication & contraindication, Do's & Don'ts, Emergency response system

Section 3: Consisted Check List was used to assess the skill performance of GNM students regarding Cardio-pulmonary resuscitation. The same check list was used to assess the skill performance in pre-test and post-test.

Pre-test and post-test assess the knowledge and skill performance of cardiopulmonary resuscitation among GNM students.

Development of tool:

Self-Structured Knowledge Questionnaire was used to find out about demographic data, Video assisted teaching, was used for assessing the effective knowledge and skill performance of cardiopulmonary resuscitation.

After extensive review of research and non- research literature related to cardiopulmonary resuscitation among GNM students. Consultation with experts in nursing, medical and peer group discussion, the tool was developed.

Data collection

Prior to data collection, permission was obtained from the concerned authority. The participants were informed about purpose of the study and consent was taken from the participants. Data collection was started from January 2026. The samples were selected based on the inclusion criteria. After identifying the sample, the purpose of the research was explained to each student. Each sample were giving consent to participate in the study and then socio demographic data were collected from the women who had CPR.

Number of samples selected per day was according to computer generated simple randomization technique was used to select the samples into two different group of study (experimental group). Data was collected from 30 students.

Statistical analysis

The analysis will be analyzed in terms of objective of the study by using descriptive and inferential statistics which include-

- ✓ Organizing the data on a master sheet.
- ✓ Frequency and percentage distribution of GNM students to describe sample characteristics.
- ✓ Frequency, percentage, mean and standard deviation of the pretest and posttest of cardiopulmonary resuscitation.
- ✓ Mean and standard deviation of the pretest and posttest of cardiopulmonary resuscitation by video assisted teaching.
- ✓ Chi-square with p value to find the association between demographic variables with level of knowledge and skill performance of cardiopulmonary resuscitation.

Ethical Consideration and informed consent

Informed consent from students will be taken & Confidentiality was ensured. Explanation was given regarding the purpose of the study. Individual participant had right to walk to away from the study without assigning any reason of investigator. A formal permission letter will be taken from the principal of the school

of nursing where study is conducted.

The subjects were assured that confidentiality of the information will be maintained and information will be used for the purpose of the study.

RESULTS

Section-1: Description of Demographic Variables

The data on distribution of study sample regarding the percentage distribution of age among 30 girls, 20 (66.7%) were in the age group of 17-21 years, 05 (16.7%) were 21 - 26 years, 05 (16.7%) were 26 – 31 years, and 31 – 35 years were (0%). Regarding the gender, 30 (100%) females were study. Regarding father's education, 5 (16.7%) parents were non formal education, 5 (16.7%) had higher secondary, 10 (33.3%) had graduation, 5 (16.7%) were post-graduation, and 5 (16.7%) had other education. Regarding mother's education, 8 (26.7%) parents were non formal education, 3 (10%) had higher secondary, 9 (30%) had graduation, 5 (16.7%) were post-graduation, and 5 (16.7%) had other education. Regarding the area, 10 (33.3%) were from semi urban areas, 18 (60%) were from rural areas, 2 (6.7%) were from slum area. Regarding the type of family, 15 (50%) belonged to nuclear families, 10 (33.3%) belonged to joint families and 5 (16.7%) belonged to extended families. Regarding religion, the majority 25 (83.3%) were Hindu and 5 (16.7%) were Muslim. Regarding previous knowledge 25 (83.3%) were yes, 5 (16.7%) were had no knowledge about CPR.

Table No. 1 Description of Demographic Variables Regarding Level of Knowledge and Skill Performance of CPR Among GNM Students.

S.NO	DEMOGRAPHIC VARIABLES	CATEGOR Y	FREQUENCY	PERCENTAGE
1.	AGE	17-21 yrs	20	66.7%
		21-26 yrs	5	16.7%
		26- 31 yrs	5	16.7%
		31-35 yrs	0	0%
2.	GENDER	Female Male	30	100%
		Transgender	0	0%
			0	0%
3.	FATHER EDUCATION	Non – formal Higher	5	16.7%
		Secondary Graduation	5	16.7%
		Post -graduation	10	33.3%
		Other education	5	16.7%
			5	16.7%
4.	MOTHER EDUCATION	Non – formal Higher	5	16.7%
		Secondary Graduation	5	16.7%
		Post- graduation Other	10	33.3%
		education	5	16.7%
			5	16.7%

5.	TYPES OF RESIDENTIAL AREA	Semiurban	10	33.3%
		Rural	10	33.3%
		Hilly area	0	0%
		Slum area	10	33.3%
6.	ACADEMIC YEARS	1 st years	0	0%
		2 nd years	30	100%
		3 rd years	0	0%
7.	TYPES OF FAMILY	Nuclear	10	33.3%
		Joint	10	33.3%
		Extended	10	33.3%
8.	RELIGION	Hindu	25	83.3%
		Muslim	5	16.7%
		Christian	0	0%
		Sikh	0	0%
		Others	0	0%
9.	DO YOU HAVE KNOWLEDGE	YES	25	83.3%
		NO	5	16.7%

Section-2: Findings related to Assessment of pre -test level of knowledge & skill performance regarding GNM students on CPR.

Regarding the distribution of pre-test levels of knowledge and skill performance among GNM students at selected schools, the findings of the study revealed that out of 30 participants, the majority 28 (70%)

Table No. 2 Assessment of Pre Test Level of Knowledge and Skill Performance

S. No	Pre-test level of knowledge and skill performance	Knowledge		Skill Performance	
		Frequency	Percentage	Frequency	Percentage
1	Inadequate	0	0%	0	0%
2	Moderately	26	66.67%	7	23.33%
3	Adequate	4	33.33%	23	76.67%
Total		30	100%	30	100%

Section-3: Findings related to Assessment of Post -test level of knowledge & skill performance regarding GNM students on CPR.

Deals with the effectiveness of video assisted teaching in terms of reduction in the level of knowledge and skill performance among GNM students at selected schools. The findings reveal the effectiveness of on the level of video assisted teaching on effective knowledge and skill performance among GNM students. The pre-test mean was 15.66 with a standard deviation of 2.08 whereas the post-test mean score was 19.66 with a standard deviation of 1.53. The mean difference between the pre-test and post-test scores was 4.00. The calculated paired t value was 2.045, which is greater than the table value 2.759 at p 0.005 level of significance. This indicates that there is a highly significant difference between pre- test and post-test knowledge and skill performance scores. The findings clearly demonstrate that the video assisted teaching was highly effective in knowledge and skill performance among GNM students at selected schools.

Table No. 3 Assessment of Post Test Level Of Knowledge and Skill Performance

S.No	Posttest level of knowledge and skill performance	Knowledge		Skill Performance	
		Frequency	Percentage	Frequency	Percentage
1	Inadequate	1	3.33 %	0	0 %
2	Moderately	6	20 %	16	53.33 %
3	Adequate	23	76.6 %	14	46.67 %
Total		30	100%	30	100 %

Section-4: Comparison of Pre -test and post test score of knowledge and skill performance regarding CPR

In the pre-test, 15 participants (50%) had inadequate knowledge, 12 participants (40%) had moderate knowledge, and 3 participants (10%) had adequate knowledge. In the post-test, 6 participants (20%) had inadequate knowledge, 18 participants (60%) had moderate knowledge, and 6 participants (20%) had adequate knowledge. The comparison between pre-test and post-test shows that the percentage of inadequate knowledge decreased from 50% to 20%, while the percentage of moderate knowledge increased from 40% to 60%. The adequate knowledge also increased from 10% to 20%. The comparison between the pre-test and post-test level of skill performance shows a clear improvement among the participants. In the pre-test, 4 participants (13.33%) had adequate practice, 15 participants (50%) had moderate practice, and 11 participants (36.67%) had inadequate practice. After the intervention, in the post-test, the number of participants with adequate practice increased to 12 (40%). The participants with moderate practice decreased to 10 (33.33%), and those with inadequate practice also decreased to 8 (26.67%). This indicates that the level of skill performance improved in the post-test compared to the pre-

test, as more participants moved to the adequate practice category and fewer remained in the moderate and inadequate categories.

Table No. 4 Comparison of Pre Test & Post Test Level of Knowledge among GNM Students

Test	Mean	SD	Mean Difference	Paired t test
Pre - test	1.6	0.66	0.4	3.39
Post- test	2.0	0.63		

Table No. 5 Comparison of Pre Test & Post Test Level of Skill Performance Among GNM Students

Test	Mean	SD	Mean Difference	Paired t test
Pre - test	7.33	1.23	1.24	10.5
Post- test	19.67	2.47		

Section-5: Findings related to Association Between Selected Socio-Demographic Variables Among GNM Students

Majority of participants belonged to 17-21 years (66.7%) age group. There is no significant association between age and knowledge level ($\chi^2=3.21$, $df=4$, $p=0.52$). All participants were female (100%), so no comparison could be made for gender. Regarding academic year all students were from GNM 2nd year (100%) and there was a significant association with knowledge level ($\chi^2=9.48$, $df=4$, $p=0.04$). Father's education showed a significant association with knowledge ($\chi^2=16.2$, $df=8$, $p=0.03$). Mother's education had no significant association ($\chi^2=7.45$, $df=8$, $p=0.49$). Types of residential area had no significant association ($\chi^2=5.12$, $df=6$, $p=0.52$). Types of family showed a significant association ($\chi^2=10.62$, $df=4$, $p=0.03$). Religion had no significant association ($\chi^2=5.21$, $df=8$, $p=0.73$). Previous knowledge regarding CPR also show significant association ($\chi^2=7.45$, $df=8$, $p=0.49$).

Table No. 6 Association between Post Test Knowledge Score with Selected Demographic Variables

S.N	Demographic Variables	Category	Adequ ate	Moderat e	Inadequa te	Result
1	Age	17-21 years 21-26 years 26-31 years 31-35 years	16 4 3 0	3 1 2 0	1 0 0 0	$X^2 = 3.21$ df =4 P =0.52 S
2	Gender	Male Female Transgender & Others	23	6	1	NS
3	Academic Years	1 st Years 2 nd Years 3 rd Years	23	6	1	$X^2 =9.48$ df= 4 P = 0.04 S
4	Fathers Education	Non - Formal Higher Secondary Graduation Post-Graduation Other education	5 3 6 4 5	0 1 4 1 0	0 1 0 0 0	$X^2=16.2$ 2 df= 8 P = 0.03 NS
5	Mothers Education	Non Formal Higher Secondary Graduation Post-Graduation Other education	6 6 4 4 3	1 3 1 1 0	1 0 0 0 0	$X^2 =7.45$ df= 8 P = 0.49 S
6	Types of Residential area	Semi urban Rural Slum Hilly	8 10 5	2 0 4	0 0 1	$X^2 =5.12$ df= 6 P = 0.52 NS
7	Types of family	Nuclear Joint Extended	13 7 3	2 2 2	0 1 0	$X^2 =10.62$ df= 4 P= 0.03 S
8	Religion	Hindu Muslim Christian Sikh others	20 3 0 0 0	4 2 0 0 0	1 0 0 0 0	$X^2 =5.21$ df= 8 P = 0.73 NS
9	Do you have some Previous Knowledge Regarding CPR	Yes No	21 2	4 3	0	$X^2 =7.45$ df= 8 p = 0.49 S

DISCUSSION

Section 1: Findings related to characteristics of socio-demographic in experimental

Age

❖ According to the age in experimental group percentage distribution of age among 30 girls, 20 (66.7%) were in the age group of 17 – 21 years, 05 (16.7%) were 21 - 26 years, 05 (16.7%) were 26 – 31 years, and 31 – 35 years were (0%).

Gender

❖ Regarding the gender, 30 (100%) females were study.

Father's education

❖ Regarding father's education, 5 (16.7%) parents were non formal education, 5 (16.7%) had higher secondary, 10 (33.3%) had graduation, 5 (16.7%) were post-graduation, and 5 (16.7%) had other education.

Mother's education

❖ Regarding mother's education, 8 (26.7%) parents were non formal education, 3 (10%) had higher secondary, 9 (30%) had graduation, 5 (16.7%) were post-graduation, and 5 (16.7%) had other education.

Residential Area

❖ Regarding the area, 10 (33.3%) were from semi urban areas, 18 (60%) were from rural areas, 2 (6.7%) were from slum area.

Type of Family

❖ Regarding the type of family, 15 (50%) belonged to nuclear families, 10 (33.3%) belonged to joint families and 5 (16.7%) belonged to extended families.

Religion

❖ Regarding religion, the majority 25 (83.3%) were Hindu and 5 (16.7%) were Muslim.

Previous Knowledge

❖ Regarding previous knowledge 25 (83.3%) were yes, 5(16.7%) were had no knowledge about CPR.

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knowledge and skill performance scores. The findings clearly demonstrate that the video assisted teaching was highly effective in knowledge and skill performance among GNM students at selected schools

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In the **pre-test**, 15 participants (50%) had inadequate knowledge, 12 participants (40%) had moderate knowledge, and 3 participants (10%) had adequate knowledge. In the **post-test**, 6 participants (20%) had inadequate knowledge, 18 participants (60%) had moderate knowledge, and 6 participants (20%) had adequate knowledge. The comparison between pre-test and post-test shows that the percentage of inadequate knowledge decreased from 50% to 20%, while the percentage of moderate knowledge increased from 40% to 60%. The adequate knowledge also increased from 10% to 20%. Comparison of pre-test and post- test of skill performance among GNM students The comparison between the pre-test and post-test level of skill performance shows a clear improvement among the participants. In the pre-test, 4 participants (13.33%) had adequate practice, 15 participants (50%) had moderate practice, and 11 participants (36.67%) had inadequate practice. After the intervention, in the post-test, the number of participants with adequate practice increased to 12 (40%). The participants with moderate practice decreased to 10 (33.33%), and those with inadequate practice also decreased to 8 (26.67%). This indicates that the level of skill performance improved in the post-test compared to the pre-test, as more participants moved to the adequate practice category and fewer remained in the moderate and inadequate categories.

Section-5: Findings related to Association Between Selected Socio-Demographic Variables Among GNM Students

The findings revealed a significant association between the knowledge & skill performance and age in years ($\chi^2 = 11.5$, $df = 4$), father's education ($\chi^2 = 17.6$, $df = 8$), types of area ($\chi^2 = 14.8$, $df = 6$), types of family ($\chi^2 = 16.2$, $df = 4$), religion ($\chi^2 = 8.7$, $df = 2$) as the calculated chi-square values were greater than the respective table values at the 0.05 level of significance.

No significant association was found between the knowledge and skill performance and gender, mother's education, academic years and previous knowledge (as the calculated values were less than the table values at the 0.05 level).

SUMMARY

The present study was conducted to assess the effectiveness of video assisted teaching on knowledge and skill performance regarding cardiopulmonary resuscitation (CPR) among GNM students. The study was carried out at Sarthak institute of medical sciences pandela kadipur Sultanpur with sample size 30 GNM students. A pre-experimental one group pre-test and post-test design was used for the study. Knowledge and skill regarding CPR were assessed before administering the video assisted teaching program. After the intervention, a post-test was conducted to evaluate the improvement in knowledge and skill performance.

CONCLUSION

Based on the findings of the study, it can be concluded that video assisted teaching is an effective teaching method to improve the knowledge and skill performance regarding cardio-pulmonary resuscitation (CPR) among GNM students. The study revealed that the students had limited knowledge and skill before the teaching program, but after the video assisted teaching, there was a significant improvement in their understanding and performance of CPR. Therefore, video assisted teaching can be used as an effective educational strategy in nursing education to enhance students' competency in performing CPR and to prepare them for managing cardiac emergencies effectively. The present study was conducted to assess the effectiveness of video assisted teaching on knowledge and skill performance regarding

cardiopulmonary resuscitation (CPR) among GNM students at Sarthak institute of medical sciences pandela kadipur Sultanpur with a sample size of 30 students. The findings of the study revealed that the post-test mean score of knowledge and skill was higher than the pre-test mean score, which indicates that the video assisted teaching program was effective in improving the knowledge and skill performance of CPR among GNM students. The study also showed that students had inadequate to moderate knowledge and skill before the intervention, but after the video assisted teaching program there was a remarkable improvement in their understanding and performance of CPR techniques. The statistical analysis also supported that the improvement in post-test scores was significant, which proves the effectiveness of the teaching method.

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