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The **2nd Joint International Conferences** | <http://proceeding.tenjic.org/jic2> | ISBN: 978-602-5842-03-0 905 **Training of Basic Life Support (BHD) in Efforts to Increase Skill Handling of the Cardiac Arrest on Community in Trenggalek Regency Rahmania** Ambarikaa,1,\* , Novita Ana Anggrainia,2 a Lecturer of Ners Education Studies Program, STIKes Surya Mitra Husada Kediri 1 rahmania.ambar@gmail.com\*; 2 phitphita@gmail.com \* Corresponding author A B S T R A C T Keywords: Basic Life Support Training (BHD) Common people Skill Cardiac arrest **One of the most** potentially life-threatening emergency conditions that requires immediate treatment is cardiac arrest. Cardiac arrest events outside the hospital.

Death occurs usually because of the inability of a helper to treat the patient in the emergency phase. The inability is caused by the severity, the inadequacy of the equipment, the lack of knowledge in providing basic help, so that it is not trained to handle emergency conditions. The purpose of this study is to know the Effect **of Basic Life Support** Training (BHD) on Lay People to Knowledge and Behavior of Cardiac Arrest Handling.

This research used pre-experimental one-group pre-test post-test design method. Population All residents in RT 14 RW 03 Blimbing Village Dongko District Trenggalek Regency amounting to 450 families. Purposive Sampling Sampling Technique with sample of 30 respondents. The research instrument used Standart Operating Procedur and questionnaire.

Based **on the results of the** study found that all respondents 100% (30 people) have less skill. Most respondents 67% (20 people) after being given BHD training almost all respondents 76.5% (23 people) there was a good skill increase in providing relief for

cardiac arrest patients. Statistical test results obtained p-value is 0,000 <0.05 means reject Ho conclusion there is influence Training BHD On Public Community to improve skill of Handling Cardiac arrest.

Factors that affect a person's ability are the level of education, and the provision of information, from the results of research shows by providing information with the provision of training can affect knowledge and directly affect the improvement of community's ability in handling cardiac arrest. Copyright © 2018 Joint International Conference All rights reserved I.

INTRODUCTION The emergency condition happens everywhere, anywhere and becomes the duty of medic staff to solve it. But, it is possible that the emergency moment happens in the difficult area, so the victim is difficult to get the first aid from the medical staff. Most of the Indonesian from non medic, they are not able to recognize the emergency signs.

Because, the Indonesian common people are not educated to handle the emergency condition. (Sudiharto & Sartono, 2011). One of the emergency moments is heart attack. The data from World Health Organization (WHO), stated that heart attack still become the first human killer in the developed and modern countries, by 60% of the dying.

Two years lately, based on World Health Organization (WHO), the traffic accidents in Indonesia stated as the third human killer after heart attack and Tuberculosis (TBC) (Depkes RI, 2008). In the previous study in Dongko sub district, the village area where the youth activities are active in Blimbing village, many people there has the heart attack.

From the interview of 20 people in Dongko, 10 people did not know what should they do when the people around them get unconscious directly, 4 people stated that they are confused about the reaction, 3 people stated that they are going **The 2nd Joint International Conferences** | <http://proceeding.tenjic.org/jic2> | ISBN: 978-602-5842-03-0 Vol. 2, No. 2, July 2018, pp.

905-909 906 to call medical staff directly, 2 people stated that they are going to do the heart massage, and 1 people is going to check the person still alive or not. The death on cardiac arrest happened because of the disability on the helper (civil or medical staff) to handle the patient on the emergency phase (golden period). The disability caused by the serious level, the adequate equipment, there is no integrated system and the less of knowledge about the patient handling, and the less of emergency case handling. The appropriate aid in the handling of emergency case is Basic Life Support.

Frame (2003) stated that Basic Life Support can be taught to everyone, each adult should have the basic life support skill, moreover, the children is also possible to be taught based on their capacity. All the civil elements should be taught about basic life support, especially for the workers relates to the giving of safety (Resusitacion Council, 2010).

One of the factors which influence someone ability and skill is the knowledge level. The knowledge is the knowing result, it happens after someone doing the sensory perception on the current objects. Most of the people knowledge gained from the eyes and ears (watching and listening).

The knowledge is about education, because the knowledge gained through formal education or non formal education. (Notoatmodjo, 2010). The education and RJP training for the medical staff and the common people is important in teff he ease"suddedeatbeca he menthappeneit outside of the hospit. oftsmar deas om he n tdeparmentit"sudden h" ab le to be educeTfi d teary nut ned he ctm'fe. n done us, everywhere. We just need two hands of us.

(Malang Trauma Service, 2012). The objective of this study is to know the influence of basic life support training to the common civil in Dongko sub district Trenggalek regency. II. THE RESEARCH METHOD The research design is Pre-experimental research one-group pre-test post-test design, this research is to know the influence of basic life support training on the common people about the knowledge and the handling of cardiac arrest behavior.

The independent variable in this research is basic life support training, and the other variable is the skill in the cardiac arrest handling in RT 14 RW 03 Blimbing village Dongko sub district Trenggalek regency. The research is held on RT 14 RW 03 Blimbing village Dongko sub district Trenggalek regency on 27th august 2016. There were 30 people respondents. It used purposive sampling technique. The Wilconson tes id by tgniica level  $\alpha = 0,05$  by comput progr III.

THE RESULT OF THE RESEARCH AND DISCUSSION No GENERAL DATA Information  
 Code Total % 1 Sex 1. Male 15 50 2. Female 15 50 2 Age 1. < 20 years 2 7 2. 20-25 years 2 7 3. 26-30 years 17 56 4. > 30 years 9 30 3 Education 1. Basic (Elementary school, Junior high school) 8 27 2. Intermediate (Senior High School) 13 43 3. University 9 30 4 Occupation 1. Students 4 13 2. Entrepreneur 7 23 3. Civil workers 6 20 4.

Farmer 13 43 5 Information about Basic Life Support 1. Never 24 80 2. Ever 6 20 6 Help

the people 1. Never 27 90 2. Ever 3 10 The 2nd Joint International Conferences | <http://proceeding.tenjic.org/jic2> | ISBN: 978-602-5842-03-0 Vol. 2, No. 2, July 2018, pp. 905-909 907 The sex of the respondents is same, 50% from male and female, more than half of the respondents in the age of 26 until 30 years old, it is 56%, almost the half of the respondents are in the senior high school education, they are 43%, and almost the half of respondents is farmer, it is 44%.

The Skill before had a Basic Life Support Training No Skill before Total Percentage 1 2  
 Poor Fair Good 30 0 0 100 0 0 Total Total 30 All the respondents 100% (30 people)  
 before they had a training about Basic Life Support has the poor knowledge about the giving of aid in the cardiac arrest case. The Skill before had a Basic Life Support Training No The Skill after Total Percentage 1 2 3.

Poor Fair Good 2 5 23 7 16,5 76,5 Total 30 Almost all the respondents 76,5% (23 people) is given the training on the Basic Life Support has the good skill in the giving of aid on the handling of cardiac arrest. The data analysis Test Statisticsa posttest perilaku - pretest perilaku Z -4,963 b Asymp. Sig. (2-tailed) ,000 a. Wilcoxon Signed Ranks Test b. Based on negative ranks.

From the statistic test, gained the score p-value skill is  $p = 0,000$  it means that less than the score of ( $p =$  it means  $H_0$  rejected. The conclusion is there is an influence on the giving of Basic Life Support to the common people in the handling of Cardiac Arrest. IV. DISCUSSION The result of the research about skill before had a training, all the respondents has the poor behavior on the giving of Cardiac arrest aid.

It shows that the common people did not know about how to give the appropriate basic life support to the emergency patient, so they are not able to handle the cardiac arrest patient. The common people are going to confuse if they find the accident in the subway or the heart attack people at home, because they did not realize what they should do. From the research, it shows that 90% respondents never help the accident people or heart attack. The experience is the moment which happened to someone.

Azwar stated that the attitude will easily formed, if the own experience happened in the situation which relates on the emotional factor. In the emotional moments, it will have an unforgettable experience. (Nursalam, 2011). From the discussion above, the researcher has the opinion that the factors which influence the skill of the person before given the health education through the giving of the training are education, economic, social (the position of the person in the society) and the giving of information.

The 2nd Joint International Conferences | <http://proceeding.tenjic.org/jic2> | ISBN:

978-602-5842-03-0 Vol. 2, No. 2, July 2018, pp. 905-909 908 The result of the research shows that 76,5% of the respondents after the giving of the basic life support training has the good skill in the giving of cardiac arrest aid.

It shows that by the giving of the training, it able to increase the knowledge which influence the skill of common people in the giving of cardiac arrest aid. The giving of information or basic life support training on the common people also help the ease of someone's skill in the giving of cardiac arrest aid, which is useful on the decision taking and support the source of information.

By the giving of information, the counseling and the training will increase the knowledge and the ability of society about that (Wawan, 2010). From the discussion above, the researcher has the opinion that the giving of the basic life support training is helpful in the increasing of the skill on the common people.

Based on the result of the research from the cross tabulation, known that 10 people before training has the increasing of the skill, until they know what they should do when they find the cardiac arrest to decrease the risk of the death. The result of the statistic test for the knowledge and attitude before and after the giving of the **training of basic life support** shows that p-value is 0,000, it means that  $H_0$  rejected.

The conclusion is there is an influence on the giving **of basic life support** training on the common people on the handling of cardiac arrest people. The brain death and the permanent death happened only in 8 or 10 minutes on the cardiac arrest person (Diklat Ambulans Gawat Darurat 118, 2010). That condition can be solved by the giving of heart resuscitation defibrillation soon (before the broken brain is happened), to give the heart function back soon normally. The giving of heart resuscitation and defibrillation during 5 until 7 minutes from the cardiac arrest victims.

It gives the life chance until 30% until 45%. From the discussion above, the researcher has the opinion that by the giving of education and the training about basic life support, the common people will have an influence in the increasing of society ability. It proven **from the result of** the research by the significance score 0,000.

It means that there is an influence on the giving **of basic life support** on the common people, because the medical staffs is not available soon and everywhere, and the first person who finds the patient is the family or the neighbors. So the ability of the common people in the handling of emergency cardiac arrest is needed and it becomes **one of the factors** which determined the mortality of the patients. V. CONCLUSION AND SUGGESTIONS All the respondents have the less skill in the **handling of the cardiac**

arrest patients.

76,5% of the respondents after the giving of basic life support training, have the good skills in the handling the cardiac arrest patients. The statistic result got the p-value on the skill is  $0,00 < 0,05$ , it means that  $H_0$  rejected. The conclusion is there is an influence on the giving of basic life support training on the common people to handle the cardiac arrest patient. VI. SUGGESTIONS 1.

For the society To increase the ability on the basic life support, sensitive on the environment if they find the people who get cardiac arrest, not only keep silent but also help the by call the medical staff or hospit, became is tent'fe. 2. For the medical staffs Hopefully, the medical staffs has the BCLS/BLS certificate, because by their ability and skills of BCLS/BLS will make us more skillful on the handling of emergency patient, and give their knowledge to the other common people. The 2nd Joint International Conferences | <http://proceeding.tenjic.org/jic2> | ISBN: 978-602-5842-03-0 Vol. 2, No. 2, July 2018, pp. 905-909 909 3.

For Dongko Public Health Hopefully, give more health service to the public, not only on the medicine giving but also in the giving of trainings about basic life support to the emergency patient that they found. And give the routine counseling, because many people think that cardiac arrest is only common disease, so they bring the patient to the hospital lately. 4.

For the next researcher Hopefully, the next researcher is able to improve this research vastly; it is about the factors that make the common people want to study about basic life support training. VII. REFERENCE [1] American Heart Association, (2010). Heart disease & stroke statistics – 2010 Update. Dallar, Texas: American Heart Association [2] Asih dkk, (2005) Mengasah ketrampilan menulis ilmiah di perguruan tinggi : Yogyakarta : graham Ilmu [3] Bharega. (2009).

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