

First Aid Knowledge of University Students in Poisoning Cases

Üniversite Öğrencilerinin Zehirlenme Vakalarındaki İlk Yardım Bilgileri

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SUMMARY

Objectives

Poisoning is a crucial public health problem which needs serious approach and response to treatment. In case of poisoning, proper first aid is lifesaving and application should be applied in every condition. This research was conducted in order to evaluate first aid knowledge of university students for poisoning.

Methods

The research was conducted between the dates of May 2013 -June 2013 with the permission gained from the University Rectorship. The cohort of the research contained 4,560 students who received education in Istanbul. The sample of the study included 936 students who accepted to participate in the research and attended the school during the research. The data were collected by using a questionnaire form, which had 21 questions prepared by researchers. Analysis of the data was carried out with a percentage evaluation method and chi square tests in a computer environment.

Results

In our study, 92.6% of students (n=867) knew the phone number of the ambulance in case of emergency. In addition, 57.3% of students (n=536) knew the phone number of the poison hotline, and it was seen that they answered correctly the questions regarding the relation between body system and indications of poisoning. It was determined that the students who received education in medical departments answered the questions correctly more than the students who had education in other departments. (p<0.001, p<0.01).

Conclusions

It was observed that the university students in medical departments had more first aid knowledge on poisoning cases compared to the students in other departments who did not have sufficient information regarding these issues. It is thought that first aid education in all departments of universities, both poisoning and other first aid issues, should be conveyed to all students.

Key words: First aid; poisoning; university student.

ÖZET

Amaç

Zehirlenmeler ciddi yaklaşım gerektiren ve tedaviye iyi yanıt veren önemli bir halk sağlığı problemidir. Zehirlenme durumlarında uygun ilk yardım hayat kurtarıcı olup, toplumun bütün bireylerinin, her türlü koşulda yapması gereken bir uygulamalar bütünüdür. Bu araştırma, üniversite öğrencilerinin zehirlenme vakalarındaki ilk yardım bilgilerini incelemek amacı ile yapıldı.

Gereç ve Yöntem

Araştırma Mayıs 2013–Haziran 2013 tarihleri arasında, özel bir vakıf üniversitesinde, üniversite rektörlüğünden gerekli izin alınarak gerçekleştirildi. Evrenini üniversitede okuyan 4560 öğrenci, örnekleme ise çalışmanın yapıldığı günlerde okula devam eden ve araştırmaya katılmayı kabul eden 936 öğrenci oluşturdu. Veriler araştırmacılar tarafından hazırlanan 21 soruluk anket formu kullanılarak toplandı. Verilerin analizi bilgisayar ortamında yüzdellik değerlendirme yöntemi ve ki-kare testi kullanılarak yapıldı.

Bulgular

Çalışmamızda öğrencilerin %92.6'sının (n=867) acil durumda aranması gereken ambulans numarasını ve %57.3'ünün (n=536) zehir danışma hattı numarasını bildikleri ve zehirlenmelerde ortaya çıkan belirtiler ile vücut sistemleri arasındaki ilişkiyi soran sorulara doğru olarak cevap verdikleri belirlendi. Sağlık bölümlerinde okuyan öğrencilerin zehirlenme belirtileri ve sindirim ile solunum yolu zehirlenmelerinde yapılacak olan ilk yardım girişimleri ile ilgili bilgi sorularına diğer bölümlerde okuyan öğrencilere göre daha fazla doğru cevap verdikleri saptandı (p<0.001, p<0.01).

Sonuç

Sağlıkla ilgili bölümlerde okuyan üniversite öğrencilerinin zehirlenmelerle ilgili ilk yardım konusunda daha bilgili oldukları, diğer bölümlerde okuyan öğrencilerin ise bu konularla ilgili bilgilerinin yetersiz olduğu görülmektedir. Üniversitelerin tüm bölümlerinde ilk yardım derslerinin okutulmaya başlanması ile gerek zehirlenmeler gerekse diğer ilk yardım bilgilerinin bireylere doğru bir şekilde aktarılacağı ve toplumdaki ilk yardım bilgisinin artacağı düşünülmektedir.

Anahtar sözcükler: İlk yardım; üniversite öğrencisi; zehirlenme.

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Introduction

Poisoning is a clinical state that occurs as a result of the human body being exposed to toxic substance(s). Exposure can include respiration, circulation, ingestion, or skin contact. Poisoning is defined with various indicators that arise in the digestive, respiration, and nervous systems and adhere to the factor causing it.^[1] It is possible that poisoning occurs as a result of different factors. Acute poisoning which is often seen in the emergency services generally develops from consuming spoiled foods, animal bites, and in attempts of suicide. In addition, chronic poisoning can come from the accumulation of chemicals within air, water, and foods within human body in the course of time.^[2]

The factors that contribute to poisoning differ in regard to geographical region, seasons, level of development, age group, and level of socio-cultural status.^[3] In developing countries where agricultural activities are dominant, poisoning caused by insects and pesticides is more common. However, in developed countries poisoning from suicide is observed at a higher rate.^[2,4,5,6] By carrying out the general evaluation, pathogens that cause poisoning predominantly get into the body through the digestive system. Chemical substances that are used at home or in the garden, such as toadstools, spoiled foods, medicine, and excessive alcohol use can cause the poisoning to occur through the digestive system.^[2,7]

Early intervention is crucial for an effective treatment of

acute poisoning. As in all emergency cases, every lost moment would be a disadvantage for the patient according to poisoning facts. To prevent the delays, the support can be received from "The National Poisoning Information Center," which provides service 7 days and 24 hours. Detrimental effects can be prevented by the use early decontamination attempts and proper antidotes.^[8] Therefore, community-residing persons should have basic information about first-aid to the prevent and minimize unnecessary deaths. First-aid courses are provided at schools and driving courses in our country. However, there are not enough studies to reveal whether proper first-aid awareness has been developed in the society.

This study was conducted to evaluate the information of university students regarding poisoning cases. The students' knowledge was determined based on first-aid applications in which the university students were involved in the poisoning cases. This study helped to determine which subjects were needed to increase student awareness on first aid and proper poison training.

Materials and Methods

The research was conducted between the dates of May 2013 – June 2013 at a private university. The permission was received through a related institution before the research. All undergraduate students who received education in the 2012-2013 academic year were consented for the research. The data were collected by using a questionnaire form that included 21 questions prepared by researchers with the help of related literature. The first part of the questionnaire form included questions about demographical characteristics (age, gender, department, grade, and environment). The second part of the questionnaire form focused on the subject of first-aid. In this department, questions related to first-aid education before encountering poisoning cases, the number of poisoning hotline, information regarding poisoning indications, and knowledge of the right first-aid attempts in case of poisoning were highlighted. The questions about first-aid knowledge were prepared as multiple choice and included 4 options. The questionnaire form was given to students at a date that was previously determined by the researchers. Analysis of the data was performed with a percentage evaluation method and chi-square tests using "SPSS for Windows 10.0" program.

Results

It was determined that 4,560 undergraduate students received education within the time period when the research was conducted. However, owing to the fact that the students did not stay at the school due to different reasons (application,

Table 1. Introductory characteristic of students (n=936)

Characteristic	n	%
Gender		
Female	634	67.7
Male	302	32.3
Department		
Medical department	481	51.4
Other departments of the university	455	48.6
Grade		
1 st Grade	269	28.7
2 nd Grade	265	28.3
3 rd Grade	255	27.2
4 th Grade	147	15.7
With family	585	62.5
Living in where/with whom		
Alone	77	8.2
In dorm	132	14.1
With friend	142	15.2

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