

Review Article

## The Effect of Interactive Computer Based and Traditional Instructor-Led Based Training of Basic Life Support Programs among Nurses: A Review

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**Abstract:** The learner have their own style to learn the new things but advance teaching method, there have different strategies to learn with long flexible retention of knowledge, like computer based training programs. In computer based training is an advance training for learner, in which basically introduce the advance method, like video, links recorded role plays, recorded lectures and demonstration of skill etc. but all that without the feedback. Instead of that in the traditional training method learner, are learn from old method with the supervision of faculty, uses the video, demonstration and role plays etc. but with under supervision. Basic life support is a very important skill and knowledge, which have need to know and retain each steps in the learner with its full of importance. American Heart Association have been their aim, "focus to train the every person should know about the Basic life Support training for their home, Road, Public areas, School and for colleges". For achieving this goal there is need to educate every individual with the best suitable strategies especially health care provider because cardiac arrest increases day by day. Nurses are the back bone of hospital and this is fact that nurses are that persons who spent most of the time with patient as compare as other health care provider. So in this article review were used to different article to know the best strategies to become the competent the nurses for BLS.

**Keywords:** BLS, Computer based training, traditional based training.

### LITERATURE REVIEW

According to World Health Organization [1], cardiovascular diseases are one of the leading causes of death worldwide. These diseases are manifested primarily by heart attack or stroke. Not only the nurses but also every person should be competent in BLS (Basic Life Support) skills in order to save lives in critical situations. Lifesaving is the purpose of this skill, The exploration chosen in this study assesses BLS ability (Competence) as well as learning (knowledge) following preparing by means of Traditional and CD based BLS training strategies [2].

Furthermore, with the purpose to keep up awareness and skills of resuscitation, one must have to pay special responsiveness for the quality of BLS training. It recognizes the necessity for continued observation/assessment of retained knowledge that suggested by standards BLS guidelines and also identify the areas for the more improvement which includes the quality of equipment's that required for clinical resuscitation [3].

Traditional training strategy has low rating than that of skills as a study results shows. Traditional approaches of practical competence recorded very low results after the training (Post Training). The results founded between 0% to 33% in medical professionals with/without previous training [4]

However, Traditional approaches introduction/showing/regulated training on manikins to deal with BLS abilities. These BLS trainings include: Training programs of BLS conveyed through Videotape, DVD, and CD preparing bundles. According to the study results, 43% members were able to perform only 6 skills out of the total 14 skills effectively. The real competency level of BLS and the success of both the Traditional preparing and Video preparing strategies are not perfect in examinations when expertise of the skills has been set to very low levels [2].

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Nurses must involve those activities that can be helpful to the enhancement of their basic knowledge for BLS. A study purposed that skill competency among nurses noted with low rates competent practices as cohort with pre and post-test. Skill competencies of practicing nurses were not significantly improved as post-test cohort results. The nurses competencies of BLS rate reduces according to the 2<sup>nd</sup> post-test results[2].

Understanding of BLS courses more than the training of these procedures is by a wide margin. The most difficult assignment was going up against the first aid. We feel that BLS systems must be procured as quickly as time permits in restorative school in light of the fact that their center significance is that of sparing an existence. The principle motivation behind why all understudies picked the nursing profession[5].

The most essential factor in crises condition is that patient reaches the hospital as early as possible. Patient early shifting not only the essential part, it's also depend on the resuscitation manners and how competently or timely resuscitation started. CPR initials undergone before the patient shifting to the hospital or health care settings, is also matter for the victim's survival or recovery. Following the initial few minutes as an emergency and take it as heart attack, fit and accident, accident. The initial hour is also known as "Golden Hour". Because of this truly, the quality care which provided within this period has directly effects on the final patient consequence in emergency conditions [6].

As indicated by Meissner, Kloppe, and Hanefeld [7] CD based training of BLS among wellbeing experts revealed 95% ability skill promptly as post preparing results. This is reliable with the revealed in the findings of the Bobrow *et al.* study [8] in which practice done by laypeople. As explained before, these discoveries additionally supported that how and in which the BLS training given by one of the both effective methods (CB based or Traditional practice method) and who should involve in these practices?[9].

It is likewise imperative to take note of that for the secondary school understudies in the randomized control trials (RCT) that get the CD based training in addition to lectures, showed very poor skill competencies after 2 days training program [8].

Additionally, limited studies founded for the evaluation of most effective BLS training program. According to a study enhanced level of knowledge and retained knowledge after CD based training program consistently higher rather than the other traditional training program [10].

## RECOMMENDATION

- The study findings have implications for nursing and other specialties in education programs for advance study, both method computers based training programs and traditional training programs.
- Findings of this study add to the existing evidence on the effectiveness of different BLS training methods on students' knowledge acquisition.
- The benefits of the advance learning method in nursing education and training of practice nurses should be highlighted to policy makers in order to build collaboration in their learning between educational institutions.
- Further research on the effectiveness of both method in nursing education, using different samples and settings, is needed.

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