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Change in knowledge attitude and practice of road safety measures after Polaris training

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Introduction: Road Traffic accidents are among the eight leading causes of death worldwide killing more than malaria, HIV or tuberculosis. Immediate and effective measures are required at grass root levels other than law enforcements, strong policies, smart road designs and awareness programs. Polaris Training modules were designed with driving instructors and driving schools to include safety measure focused on incorporating measures in regular practice.

Objectives: The objective of the study is to assess the change in knowledge, attitude and practice of road safety measures among new learning drivers after Polaris teaching modules.

Methodology: A randomised controlled trial was conducted among 80 new learning drivers during the month of September 2018. Four professional driving schools were selected randomly and 20 learners from each school were chosen. Alternate random selection was included in the intervention group (n=40) and control group (n=40). Polaris training module was given to intervention group during their regular driving instructions. A pre-tested semi structured questionnaire was administered after taking consent from the individuals.

Results: Seventy-four (74) participants completed the study. There was difference in knowledge levels between two group but did not reach to significance level. Attitude change in intervention group was statistically significant (p=0.01). More than 90% of the students strongly agreed that making safe habits can prevent accidents. Practice assessments were taken from their instructors and were compared between groups. Intervention group used the techniques learned in the training significantly more often than control group (p<0.05).

Conclusion: Training instructions while learning to drive can be effective to make a change in attitude and practice of new learners. This study was first of its kind using randomised controlled trial.

Notes: