

## Knowledge, Attitude And Practice Regarding Basic Life Support Among Employees Of Tertiary Care Hospital Of Central India

**Introduction** Cardiovascular diseases cause more deaths than any other mode, including cancers. The most important out of these is cardiac arrest, which is defined as the sudden cessation of pumping of the heart secondary to arrhythmia. Most of the events are OHCA(Out of Hospital Cardiac Arrest). It becomes necessary for the bystanders to perform cardiopulmonary resuscitation (CPR) until an ambulance or some advanced help arrives.

### Objectives

1. To determine the effectiveness of Basic Life Support (BLS) training to the general population.
2. To assess the efficacy of the BLS training for the general population, if any.

**Methods** Study type: Cross-sectional type of observational study. Study sample: 906. We conducted a questionnaire-based study among the employees of a tertiary care hospital in central India. The questionnaire was distributed before and after a session of basic life support, and their scores were compared.

**Results** Out of the total of 906 responses to the questionnaire, 8040 (88.4%) average was the post-test score and 1309 (14.48%) was the pre-test score. The absolute gain was 0.96. It was concluded that the basic life support training is effective in learning to provide a high quality CPR and basic life support.

**Conclusion** It can be clearly seen that the hands on training of BLS were a useful method to spread awareness and

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knowledge, and to learn about the emergency cardiac conditions. The BLS training was able to inculcate the readiness and quick decision-making abilities in the general population.