

Introduction

An accident is characterized as an unanticipated, undersigned, and abrupt event that can happen at any time, anywhere, and results in damage, injury, or harm. Practicing first aid and basic life support (BLS) could save lives of several victims of life-threatening medical emergencies, sudden cardiac arrest and injuries before arrival at a health institution or before healthcare professional help is provided. Inadequate knowledge of first aid, BLS, and cardiopulmonary resuscitation gestures has been reported in several studies worldwide among healthcare professionals and medical students. Even though there are several institutions that offer life support trainings in Egypt, their medical students still often have low awareness about BLS. Furthermore, studies regarding this topic are still very few in Egypt and embrace only some specific aspects.

Aim of the Work

To assess the level of knowledge, attitude, and practice towards first aid and basic life support among house officers in emergency department graduated at Alexandria University Faculty of Medicine.

Methods

An observational descriptive prospective study design was carried out among house officers attending Alexandria University hospitals from 01 November 2023 to 30 January 2024. Data was collected by using an online Google form containing a consent and the questionnaire. The structured self-administered questionnaire was composed with socio-demographic information of participants, data regarding first aid and basic life support knowledge, attitude and practice questions. Some judgement criteria of knowledge level and attitude was set according to previous studies. Data were withdrawn from the Google form to Microsoft Excel, then exported to IBM SPSS software package version 24.0. for analysis. Qualitative data were described using number and percent. Comparison between different groups regarding categorical variables was tested using Chi-square test.

Results

Our study included 265 participants, aged from 24-26 years, single, 51.7% of male participants, 42.3% have a first degree who is health workers; 45% belong to a group dealing with first aid/BLS. More than half (53.2%) are trained in first/BLS. Good knowledge BLS and first aid is respectively found in 81.1% and 78.1% participants, with positive attitude in 90.9%. This is found to be statistically associated with gender (being a male), having previous training in BLS/first aid, having a first degree relative and belonging to a first aid/BLS working group (p-value significant <0.05). Only 15.8% have practice first aid or BLS, reasons which prevent them to provide first aid include lack of knowledge (37%) and fear (32%). Having practice first aid/BLS is found to be statistically associated to having a previous training in first aid/BLS, good first aid and BLS knowledge, and positive attitude (p-value <0.005).

Table 1: Distribution of the studied group regarding their total level of knowledge about BLS.

Total level of knowledge about BLS.	Number	Percent(%)
Good	215	81.1
Fair	45	17.0
Poor	5	1.9
Total	265	100

Table 2: Distribution of the studied group regarding their total level of knowledge about first aid.

Total level of knowledge about first aid.	Number	Percent (%)
Good	207	78.1
Fair	43	16.2
Poor	15	5.7
Total	265	100

Table 3: Distribution of the studied group regarding their total level of attitude about FA and BLS.

Total level of attitude about FA and BLS	Number	Percent(%)
Positive	241	90.9
Neutral	18	6.8
Negative	6	2.3
Total	265	100

Table 4: Relation between total level of practice and basic demographic data.

	Have you practice first aid or BLS				Total	X² P value
	Yes		No			
	No.	%	No.	%		
Gender						
Male	27	19.7	110	80.3	137	2.59 0.107
Female	15	11.7	113	88.3	128	
A first degree relative as health workers						
No	23	15.0	130	85.0	153	2.61 0.105
Yes	19	17.0	93	83.0	112	
Member of a group working in first aid:						
No	23	15.6	124	84.4	147	11.13 0.0008*
Yes	19	16.1	99	83.9	118	
Previous training in FA or BLS ?						
Yes	36	25.5	105	74.5	141	19.66 9.252 e ⁻⁰⁶ *
No	6	4.8	118	95.2	124	

Table 5: Relationship between level of BLS/ first; attitude with to practice first aid/BLS.

	Have practice a first aid/BLS care				Total	X ² P-value
	Yes		No			
	No.	%	No.	%		
Total level of knowledge about BLS.						
Good	40	95.2	175	78.5	215	6.49 0.013*
Fair	1	2.4	44	19.7	45	
Poor	1	2.4	4	1.8	5	
Total level of knowledge about first AID.						
Good	39	85.7	168	76.7	207	6.35 0.0114*
Fair	2	11.9	41	17.0	43	
Poor	1	2.4	14	6.3	15	
Total level of attitude about FA and BLS						
Positive	40	95.2	201	90.1	241	24.0 0.0176*
Neutral	2	4.8	16	7.2	18	
Negative	0	0	6	2.7	6	

Conclusion

This study reveals that the number of trained house officers is acceptable, and first aid and BLS knowledge is good among house officers; with a low practice ability. Training is still important with a highlight to practical skills.