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## **A Cross sectional study to assess the Awareness, Attitude and Skill regarding CPR among plus two students at selected Schools in Indore**

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### **Introduction**

A study by the Indian Medical Association (IMA) estimated that 500,000 lives per year might be saved with the help of CPR education in India. The goal of cardiopulmonary resuscitation (CPR) is to maintain brain function while other procedures are attempted to restore normal spontaneous blood circulation and breathing in an unconscious individual. People who are considered to be experiencing a cardiac arrest are offered rescue breathing and chest compressions. All medical students owe it to themselves and their future patients to become skilled in cardiopulmonary resuscitation (CPR). Death from cardiac arrest is a major health problem all over the world. Although cardiac arrest has been the subject of substantial research in many industrialised nations, the knowledge, attitudes, and abilities of secondary school students in CPR have not been as fully investigated. The primary purpose of this study was to provide a baseline for future research and health care practises by assessing CPR knowledge, attitudes, and abilities. components and techniques

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### **Methodology**

The studies were conducted at several educational institutions in Indore. A cross-sectional strategy was adopted for the study. The sample size of 100 was determined using the one-population-proportion method and a p value of 0.5 as the level of significance. The students' KAP was evaluated periodically during the clinical year using a simple random sample method. The data was collected using a structured questionnaire that included both demographic questions and the KAP questionnaire designed by the researchers. The correct response was either circled or hastily written in. The principal investigator and three other third-year anaesthetic students gathered the data after being educated on the issue and given instructions on how to collect it. After the study was finished, all of the collected data was put into a spreadsheet and analysed using various techniques, such as the chi-square test and the P-value for categorical variables. Statistical significance was defined as a P-value below 0.05.

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### **Results**

A majority of secondary school students (54%) are adults rather than younger kids (all of the remaining students are under the age of 16). The bulk of the student body is male (55%), and although 38% are freshmen, the great majority of the student body is in their second year (61%). Almost 96% of those polled said they were capable of performing cardiopulmonary resuscitation (CPR). Participants included 82% of male students, and it was found that the vast majority of students polled knew the basics of CPR. Although there were no significant differences in CPR knowledge by gender or age, there were differences by grade level and source of instruction. The difference was determined to be statistically significant ( $p < 0.05$ ). Half of the students in the sample were exposed to the topic via a video lecture, with 21% learning more about it through YouTube and 5% through the movies. Over three-quarters of survey takers (77%) believed that cardiac and respiratory arrests are the most frequent triggers for CPR. CPR was a sign of sudden, unexpected death in 16% of cases. Everyone who took part in the exercise felt prepared to teach their classmates CPR and act well in a real emergency. It was determined that nine out of ten respondents (92%) were optimistic, while just 8.2% were negative. In addition to differences in age, education, and the media, there is also a considerable divide in worldviews (as the p value is less than 0.05). However, no discernible correlation existed between students' genders and their perspectives on CPR. The majority of students (97%) listed a lack of training and exposure to CPR situations as the two largest hurdles to their performance. About 82% of participants said they don't feel confident in their CPR abilities because of this. If your p-value is less than 0.05, you may be certain that your inexperience with CPR is related to your lack of formal training, background knowledge, self-assurance, and experience.

## Conclusion

It was shown that most high school pupils lacked confidence in their CPR abilities, positive attitudes, and general knowledge. The majority of students benefited from the usage of VLEs in the classroom, and they went on to make good use of other online resources, especially YouTube, to continue their study outside of class. Most emergency personnel have shown a desire to receive CPR instruction, especially in how to do chest compressions and how to use the manikin ventilation technique (MMV). The vast majority of those who took part had never received any kind of CPR training. Most respondents who provided an answer to this question on why they do CPR cited helping those who had had a cardiac or respiratory arrest. Most poll takers had a favourable impression of CPR, although this was still far from sufficient. The instruction students receive directly influences their motivation to initiate CPR.

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