

Knowledge and Perception of Cardiopulmonary Resuscitation

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Abstract

Cardiopulmonary arrest is not a rare event in medical practice with the causes including congenital heart disease, heart attack, hypertrophic cardiomyopathy, coronary artery disease, enlarged heart and other causes. Cardiopulmonary resuscitation (CPR) is a first-line treatment for cardiac arrest. This lifesaving technique involves chest compressions and rescue breaths (mouth-to-mouth) to manually circulate blood in order to send sufficient oxygen to the brain until specialised treatment is available or until there's a spontaneous return of blood flow.

Keywords: Cardiopulmonary Resuscitation (CPR), Knowledge, Attitude, Practice, Awareness

Introduction

The chest compressions push blood from the heart through the body, while rescue breaths provide fresh oxygen to the lungs. CPR works on the principle of 30 chest compressions and 2 breaths of rescue breathing (mouth-to-mouth) – known as 30:2. It has the most effect if performed within the first minutes of the occurrence of the incident.

Cardiopulmonary Resuscitation (CPR) is an essential skill that should be known by everyone. Lives can be saved by the ability to perform CPR, but too many people are unaware or lack the knowledge of how to perform the procedure correctly, or even when it should be performed. CPR Training programmes were mandatory in some developed countries for all health care givers and even for non-medical workers. Knowledge of CPR should not be confined to emergency personnel only, and if you have the chance you may want to take the time to learn.

A study assessed the knowledge, attitude and practice of cardiopulmonary resuscitation among nurses in Babcock University Teaching Hospital in Ilishan-Remo, Ogun State, Nigeria. The results showed that whereas 74.9% of the respondents had good knowledge of cardiopulmonary resuscitation, 65.2% of the respondents had practiced cardiopulmonary resuscitation on patients and 56.3% of the respondents had negative attitude towards it. It was concluded that majority of Nurses have good

knowledge of cardiopulmonary resuscitation but only few of them had positive attitude towards its practice [1].

A cross-sectional study was conducted among final year university undergraduates in University of Ibadan, Nigeria using a questionnaire that assessed students' sociodemographic characteristics, awareness of CPR, previous experiences, and attitude to basic life support (BLS). Majority (82.5%) have heard of CPR, 29.7% have undergone CPR training; 77.3% of those who had been trained were confident that they could perform CPR. Therefore, there is good awareness and positive attitude to the acquisition and practice of cardiopulmonary resuscitation among university students in Nigeria [2].

Another study aimed at assessing the perception and attitude of Nigerian athletes towards cardiopulmonary resuscitation. The Nigerian athletes showed encouraging positive perception of bystander CPR and attitude towards it [3].

According to a survey of medical practitioners in Osun state, South West, Nigeria, only 40% of respondents had attended a basic and an advanced life support training programme while 30% knew how to operate an automated external defibrillator (AED), seventy percent knew the meaning of AED. More males (67%) among the respondents that knew how to operate an AED and majority (56%) were in the age range of 30-40 years. Eighty two percent of the respondents would prefer to do a chest compression only resuscitation.

The conclusion from this study showed that most of the medical practitioners in Osun State were not knowledgeable about cardiopulmonary resuscitation and defibrillation. The few with the knowledge were from the tertiary institutions. There is therefore the need for the creation of more awareness among medical practitioners, especially among those outside tertiary health facilities [4].

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