

Assessment of Knowledge, Attitude, and Practice Regarding Basic Life Support Among MBBS Interns

Dr Devesh Singh, Dr Sachin Malik, Dr Vishesh Gupta, Dr Bharat Sharma

Interns – Al-Falah School of Medical Sciences & Research Centre, Dhauj, Faridabad

DOI: <https://doi.org/10.51583/IJLTEMAS.2025.140500116>

Received: 16 June 2025; Accepted: 18 June 2025; Published: 27 June 2025

Abstract: Background: Basic Life Support (BLS) is a vital component of emergency medical care. Early and effective BLS can drastically improve survival rates following cardiac arrest or respiratory failure. This study evaluates the level of knowledge, attitude, and practice regarding BLS among MBBS interns, who serve as the first responders in many clinical emergencies.

Objectives:

To assess the knowledge of BLS protocols among MBBS interns.

To analyze the attitude of interns towards the importance of BLS training.

To evaluate their practice and preparedness for real-life resuscitation scenarios.

To compare awareness levels across genders.

Methods: A cross-sectional study was conducted among 94 MBBS interns at a tertiary care hospital using a validated 17-item questionnaire covering knowledge, attitude, and practice (KAP) domains.

Results: On average, 78% of the participants answered the knowledge-based questions correctly. Female participation exceeded male participation. A majority had a positive attitude toward periodic BLS training, but only a fraction had performed CPR in real scenarios.

Conclusion: The study highlights a decent awareness level but identifies gaps in practical exposure. The findings stress the need for regular hands-on workshops and periodic refresher sessions.

I. Introduction

Basic Life Support (BLS) is the foundation of saving lives in pre-hospital and in-hospital cardiac arrest scenarios. It includes immediate recognition of cardiac arrest, early initiation of chest compressions, ventilation, and defibrillation with an Automated External Defibrillator (AED). Medical interns often encounter emergency situations during their postings. Their ability to deliver effective BLS can significantly impact patient outcomes. However, studies show that despite theoretical knowledge, practical application remains inadequate. This research aims to bridge that knowledge-practice gap by evaluating the KAP status of MBBS interns.

Aims and Objectives:

To assess the level of knowledge regarding BLS protocols among interns.

To evaluate their attitude towards the necessity and frequency of BLS training.

To study the interns' preparedness and experience in performing BLS in actual clinical settings.

To identify gender-based differences in awareness and practice.

II. Materials and Methodology:

Study Design: Descriptive cross-sectional study

Sample Size: 94 MBBS interns

Study Setting: Al Falah School of Medical Sciences and Research Centre, Faridabad

Duration: 3 weeks

Tool: Pre-validated, structured questionnaire (17 questions)

Domains Assessed: Knowledge: 7 questions (e.g., CPR ratio, compression depth, AED use)

Attitude: 6 questions (importance, fear of legal issues, confidence)

Practice: 4 questions (actual CPR performed, drills, refresher training)

Inclusion Criteria:

MBBS interns posted in clinical departments

Willing participants

Exclusion Criteria:

Interns not present during data collection

Incomplete questionnaires

Statistical Analysis:

Data was compiled in MS Excel and analyzed using descriptive statistics. Results were expressed in percentages and proportions.

III. Results:

Demographics: Majority of respondents were female (approx. 60%), indicating a higher engagement level among female interns.
Knowledge:

Average correct response rate: 78%

Most interns correctly identified CPR compression rate (100–120/min) and depth (5–6 cm).

Attitude:

92% believed BLS training is essential for every intern.

85% supported periodic refresher training (every 6–12 months).

61% expressed concerns about legal issues during CPR in public.

Practice:

Only 23% had ever performed CPR on a real patient.

34% had participated in mock drills.

48% knew the location of AEDs in their hospital.

IV. Discussion:

The study demonstrates that theoretical knowledge of BLS among interns is reasonably good, but practical exposure remains limited. Female interns showed greater participation, reflecting their proactive academic involvement. Fear of legal consequences remains a barrier to public CPR performance, suggesting a need for awareness regarding legal protections like the Good Samaritan Law. The fact that nearly half of the interns were unaware of AED locations within the hospital also signals the need for institutional reinforcement of emergency preparedness.

V. Conclusion:

While knowledge levels are satisfactory, the practical application of BLS remains inadequate. Hands-on training, institutional drills, and reinforcement through periodic workshops are necessary. Encouraging mock scenarios and removing legal apprehensions can enhance readiness and response.

VI. Recommendations:

- 1) Mandatory BLS Workshops every 6 months during internship.
- 2) Mock Code Blue Drills to improve confidence and preparedness.
- 3) Display of AED locations in all departments.
- 4) Sensitization regarding legal protections for performing CPR.

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