



Evaluation of First-Aid Knowledge, Attitude and Practice among the non-medical students of Superior University, Lahore



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**DEPARTMENT OF COMMUNITY
MEDICINE**

**AZRA NAHEED MEDICAL COLLEGE
The Superior University, Lahore**



DECLARATION

We declare that this report has been composed by our group and that it has not been submitted, in whole or in part, in any previous application for a degree. Except where states otherwise by reference or acknowledgment, the work presented is entirely our own.

**SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENT OF
COMMUNITY MEDICINE 3rd PROFESSIONAL EXAMINATION
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Dedication

We dedicate this work to our beloved family, friends and teachers who have supported us through every hurdle in the way and were the beacon of light in our dark times

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Abstract

Background:

First aid is the initial assistance or treatment given by any person at the site of accident to someone who is injured or suddenly taken ill, before the arrival of ambulance.

Objectives:

The study aimed to examine knowledge and attitude of first aid skills among non-medical students at Superior University.

Materials and Method:

This was a cross-sectional study and was conducted on a convenience sample of 150 female and male (Non-Medical) students. The data was gained by validated questionnaire in a sample of 150 participants, who were randomly selected. The questionnaire included two parts:

Part 1: had Sociodemographic details of the participants

Part 2: had items related to Knowledge, awareness, attitude and practices regarding first aid skills

Cross sectional descriptive study using questionnaire and was analyzed by using computer software SPSS version 26.0

Results:

According to our study there are 150/150 responders of different departments with 64.7-64.7% male and 35.5-35.5% female with average age $21.7\% \pm 1.76$ out of which 19.3% (rural), 58.0% (urban) and 22.7% (mixed) residents. Among the participants 55.3% have experienced an accident out of which 53.3% have helped and 38.7% not helped the injured. About 97.3% have heard and 2.7% not heard about the first aid training from different sources with 61.3% having first-aid kits available in homes and 73.3% at university and 54.7% participants consider first-aid training necessary. Among the participants 60.7% have breathing and bleeding emergency response awareness.

Conclusions:

The attitude and skills of the study participants were not satisfactory. Universities need to organize an effective committee to monitor and conduct first aid courses and activities. Students need to realize the public importance of such activities and ensure they effectively involve in these lifesaving procedures.

Suggestions:

Addition of first-aid lectures to the classes of non-medical students.
Emphasis by the university for fixed training session of first-aid.

Key words:

First aid, Knowledge, Attitude, Practice, Students

INTRODUCTION/BACKGROUND

First aid refers to the emergency or instant care you should provide when a person is wounded or ill until full medical treatment is available. For minor situations, first aid care may be sufficient. For serious complications, first aid care should be continued until more advanced care becomes available. The decision to act properly with first aid can mean the difference between life and death. ⁽¹⁾

In Pakistan, the number of road traffic accidents have significantly increased and citizens encounter lifesaving situations at the site of accidents before the victim can be taken to the hospitals for medical management, 80% of the deaths in hospital happen due to road traffic injuries. Road traffic accident deaths stand high at 1.35million per year ⁽²⁾. Over 3,700 people die on the roads daily before reaching the hospital or arrival of the paramedics. A survey report by World Health Organization highlights that every year more than 30,000 people die from road traffic accidents in Pakistan ⁽³⁾

Cardiovascular death takes the No.1 spot on the mortality chart, according to W.H.O 17.9 million people died from CVDs in 2016, representing 31% of all global deaths, of these deaths, 85% are due to heart attack and stroke ⁽⁴⁾. Choking, an easily detected and preventable condition, choking is the fourth leading cause of unintentional injury/death. 5,051 people died from choking in 2015 ⁽⁵⁾. Seizures can be easily recognized and helped, can be lethal if taken lightly, higher incidence have been reported from developing countries like Pakistan ⁽⁶⁾

The goals of a first aid provider include take care of life, relieve suffering, stopping further illness or injury, and helping recovery⁽⁷⁾.

First aid and Basic life support consist of simple, sometimes lifesaving, medical techniques, which an individual, either with or without a formal medical background can be trained to perform with minimal equipment. Non-fatal injuries that predominantly happen in daily life may have strong effects on wellbeing, effectiveness and expensive treatment and rehabilitation of preventable complications ⁽⁸⁾. First aid of the minor injuries and accidents that any one of the general population may face at any time and in any place is one of the most important public demands. The satisfactory knowledge vital for handling an emergency out of the hospital setting

at the place of the accident or emergency may not be adequate as most medical schools do not have formal first aid training in the teaching course ⁽⁹⁾.

Citizens may find it difficult to provide first aid during accidents due to less confidence as they lack proper knowledge and skills in this area. Some of the most commonly used first aid techniques include cardiopulmonary resuscitation (CPR), control of bleeding, burn and fracture management ⁽¹⁰⁾. Studies report that earlier understandings in first aid during emergency situations are linked with better awareness and knowledge. Joining courses on first aid has helped students to increase their knowledge regarding first aid skills and helped them to surely manage life threatening conditions ⁽¹¹⁾.

Today's children are the future of the country and the government has the responsibility to increase the awareness and knowledge of its citizens regarding first aid practices as it could save many lives. There is a need to understand the levels of knowledge of students as this may help to plan some courses for students in first aid and Basic life support skills as the students can effectively manage such situations in many places.

In horrible situations some simple steps and treatment is a becoming difference between life and death. The crucial need for its training should be for everyone but in a developing country such a Pakistan, targeting the educated population is the best viability. Observational studies reported that in more than half of the cases of road death, if eyewitnesses are able and willing to provide help like control of the bleeding, perform rescue breathing, CPR can save lives and reduce delays in seeking medical assistance. There are ample medical evidences to recommend a "golden hour" for road traffic accident victims. If first aid and medical assistance managed immediately for casualties within this time, there is a greater chance of survival and a reduction in the severity of their injuries ⁽¹²⁾.

You are never too young to learn lifesaving first-aid skills. This study aimed to assess the awareness, knowledge, attitude and practices regarding first aid skills among university students pursuing different courses at the Superior University, Lahore.

Objectives of study

1. To assess the knowledge of First-Aid among the nonmedical students of Superior University, Lahore.
2. To assess the attitude of students about the importance of First-Aid.
3. To record the magnitude of First-Aid's practice among nonmedical students of superior university.

Literature Review

To evaluate knowledge, attitude and practices of first aid measures in students of Karachi. A cross-sectional study was conducted at six colleges of Karachi, three of which were medical colleges and three were non-medical colleges. Knowledge was assessed concerning various emergency situations by means of a questionnaire. The aimed population size was 460, based on 50% prevalence and 95% guarantee interval. The ultimate sample size achieved was 446. Results: A total of 446 students were interviewed. Out of the total 446 students, 180 were medical students and 266 were non-medical students. Mean age was 21.5 ± 0.74 years, 231 (51.8%) were male and 215 (48.2%) female contributors. Sixty nine (15.5%) undergraduates were from an arts and architecture college, 117 (26.2%) from an engineering college, 80 (17.9%) from a business institute, 74 (16.6%) from a private medical college, 47 (10.5%) from another private medical college and 59 (13.2%) from a government medical college. Seventy eight undergraduates (17.5%) had formal First Aid training. The mean number of correct answers of students having First Aid training was $10.3 (\pm 3.5)$ as compared to $8.58 (\pm 4.0)$ in those without First Aid training with a mean difference of 7.84%. The mean number of correct answers by medical students with First Aid training was $11.2 (\pm 2.9)$ as compared to $7.2 (\pm 3.43)$ by non-medical students) with a mean difference of 18.14%. Students who had partaken formal first aid training scored better than those who had not. In all 421 (94.4%) students wanted First Aid drill to be part of their course. Out of which a total of 64.8% of non-medical students wanted First Aid to be added. ⁽¹³⁾

A cross-sectional study was performed amid university students in the large public university in the north of Jordan using random sampling and involved administering a questionnaire. The study included 1500 students from the total 14 colleges at Yarmouk University. The study was designed to evaluate the level of knowledge about the first aid process among the university students in Jordan. The study population comprised of students of the fourteen scientific and unscientific faculties at Yarmouk University, Jordan. Data was obtained via questionnaires from 883 students. The majority of contributors were females (65.9%) with mean age (standard deviation) of $19.9 (2.6)$ years. The average (standard deviation) age of members of the sample group was $19.9 (2.6)$ years. Only 29.2% of students had former first aid

experience. When inquired, only 11% of students knew the normal respiration rate of an adult in 1 min. About 80% of students gave correct answers of the normal body temperature, conversely, less than half of students knew the normal pulse rate (48.2%) and normal blood sugar values (46.5%). Only 96 (10.9) of students knew the respiration rate and normal blood pressure values. About three-quarters of students thought that the media does not offer enough first aid information, and about 97% of students believed that first aid course and training should be provided at secondary schools ⁽¹⁴⁾

A cross-sectional study was carried out in the middle of April and July, 2010 among the students of Ahmadu Bello University, Zaria. First aid knowledge, attitude and practices were evaluated using 420 semi-structured, open-ended self-administered questionnaires and focus group discussions. Of the 420 participants who met the inclusion criteria, 20 questionnaires were not properly filled with female: male ratio of 1:1.9. The Majority (32%) of the respondents were aged between 21-25 years (mean age was 25.9 ± 0.39 years) with 80% being unmarried and undergraduate students. A high percentage of the respondents (92%) completely and properly defined first aid, and 5% have had training in first aid while only 8.5% had good knowledge of the objectives of first aid. 13.5 % and 62% correctly defined a first aider and the qualities of a good first aider, respectively. The mean knowledge score for the definition of first aid was 1.18 (93%), while that of aims of first aid, who a first aider is, the qualities of a good first aider and the ABC of first aid were 0.5 (25%), 0.27 (13.7%), 1.2 (60%) and 0.21 (10.5%) respectively. The overall score for knowledge was 4.0 (40%). Over 51% of the respondents faced an emergency situation, but only 10% could help the victims and only 35% could provide suitable first aid. The commonest emergency faced by the students was injuries due to road accidents, 83% of the students are willing to be trained in first aid and 93% reinforced its inclusion into the school course ⁽¹⁵⁾.

During the period April–May 2017 at Collegium Mazovia Innovative University in Siedlce (Poland), a study was carried out using the anonymous questionnaire of author's design on the principles of first aid. The survey was addressed to 200 part-time students of medical (medical emergency, nursing, physiotherapy) and non-medical (finance and construction) degrees. The study included 100 medical students with an average age of 30 ± 7 years, and 71 students of whom were working

professionally. Construction students numbered 25 with their average age being 27 ± 6 years of whom 20 (80%) were working professionally. Students of financial studies numbered 75 with the average age of 26 ± 6 years of whom 51 (68%) were working professionally. There were statistically significant differences between the self-assessment of knowledge about first aid and the field of study ($p < 0.001$). The question “How do you evaluate your knowledge about first aid” by comparing the medical, financial and construction fields of study showed that a level assessed as very good was indicated by: 38% vs. 7% vs. 8% students, respectively. A decent level was shown by 51% vs. 37% vs. 24% of pupils respectively while normal level was shown by: 11% vs. 49% vs. 64% of students respectively. In addition, a lack of knowledge was displayed by: 0% vs. 7% vs. 4% of students, respectively (Fig. 1). Another question the students answered was: “Have you ever found a situation where first aid should be given?”. Comparing medical, financial and construction studies, an affirmative answer was given by 48% vs. 20% vs. 52% of students, respectively, $p = 0.003$. Following this they were asked “Have you ever faced a difficulty with first aid?” Comparing medical, financial and construction studies, indicated an affirmative answer in 19% vs. 52% vs. 44% of students, respectively, $p < 0.001$. Following this they were asked “What is the recommended number of breaths and chest compressions when resuscitating an adult?” Comparing medical, financial and construction studies, the correct answer was given in 97% vs. 84% vs. 84%, of students, respectively, $p = 0.033$. The very last query was: “Do you know how to give first aid when adult is choked?” Comparing medical, financial and construction studies, an affirmative answer of 93% vs. 60% vs. 60% of students, respectively, $p < 0.001$ ⁽¹⁶⁾

Materials & Methodology

Study Design: Descriptive & cross sectional on small population

Study Area: Superior University, Lahore

Study Duration: 30 days

Study Subjects: Non- medical Students attending classes in superior university

Inclusion Criteria: Non-medical Students of superior university that are of both sexes, between the age 18-26 and are willing to participate

Exclusion Criteria: Medical students of superior university and students attending other university

Ethical Clearance: All the subjects will be explained the purpose and process of the study. They will be explained the benefits of study. Assurance will be given to protect the life, health, privacy and dignity of the human study subjects

Sample Size: 150 students

Sample Technique: Non-probability Convenient technique

Data Collection tool: A questionnaire will be developed with 11 objective questions, based on demographic profile and various emergency situations to assess the knowledge, attitude of first aid and its practice among students.

Data management and Analysis plan: SPSS version 26 computer software is used for entry, compilation analysis of the data. Descriptive stat will be applied on data. Simple frequency tables and crosstabs were generated. Chi Square test of significance (0.05) will be applied.

Results

Socio-demographic Profile

Table no.1: Gender

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Female	53	35.3	35.3	35.3
	Male	97	64.7	64.7	100.0
	Total	150	100.0	100.0	

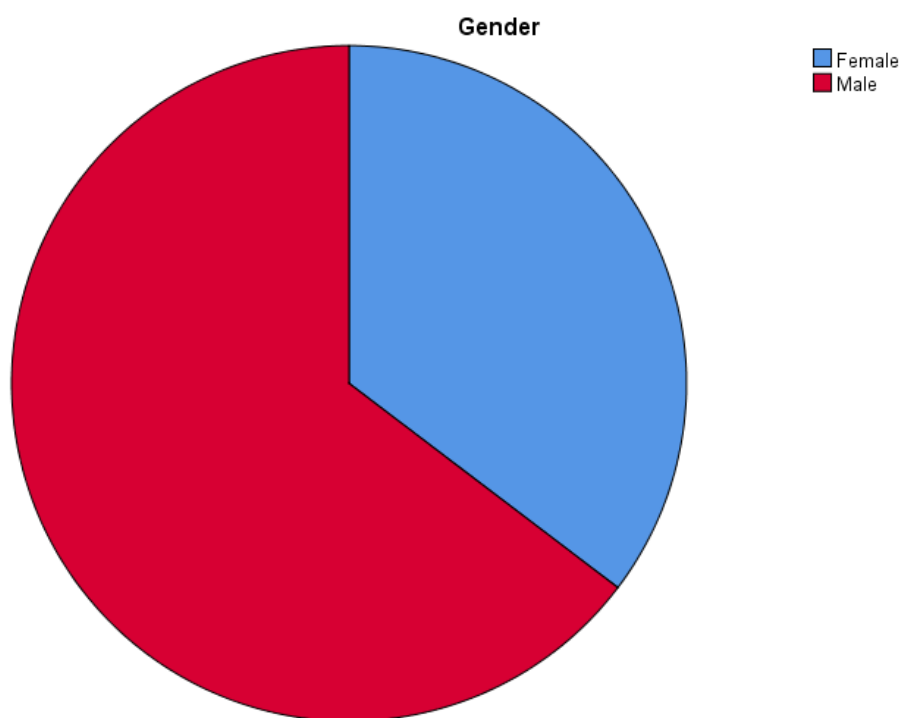


Table no.2: Age

		Age			
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	LOWER AGE	43	28.7	28.7	28.7
	MIDDLE AGE	68	45.3	45.3	74.0
	UPPER AGE	39	26.0	26.0	100.0
	Total	150	100.0	100.0	

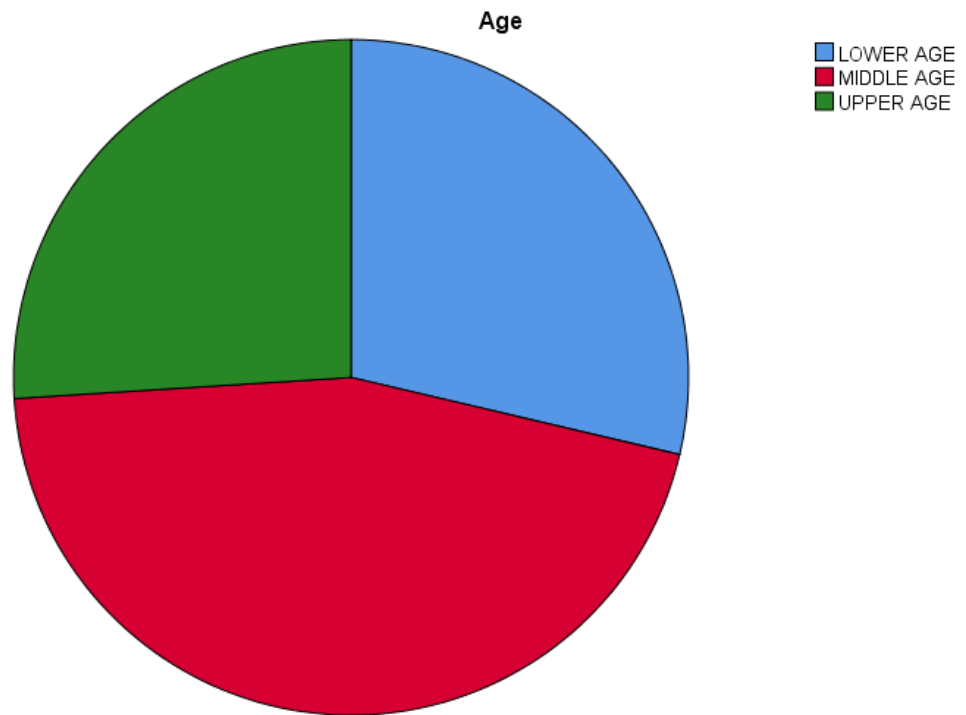


Table no.3: Residence

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rural	29	19.3	19.3	19.3
	Urban	87	58.0	58.0	77.3
	Mixed	34	22.7	22.7	100.0
	Total	150	100.0	100.0	

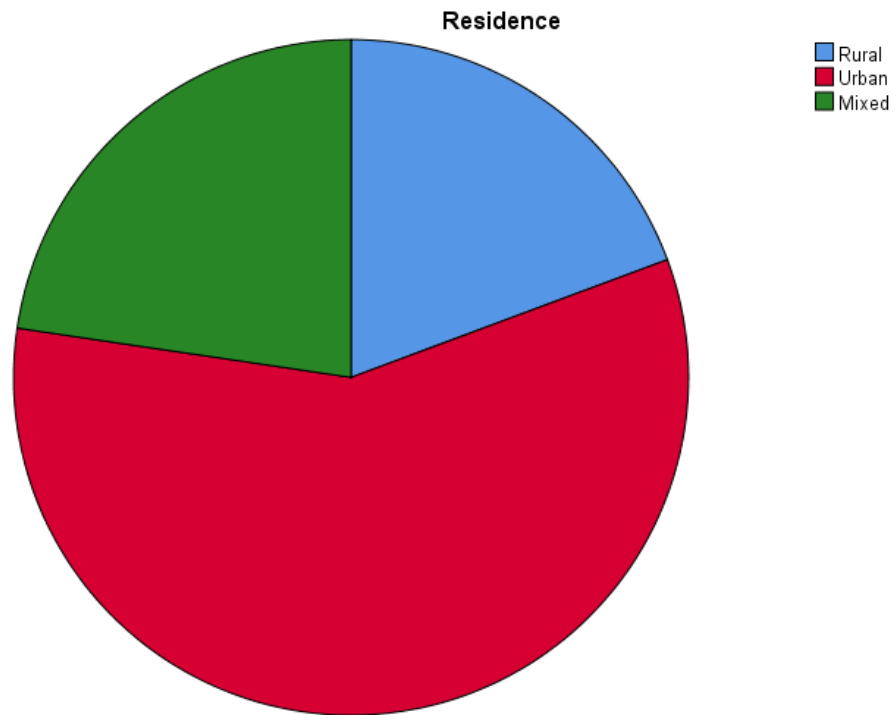
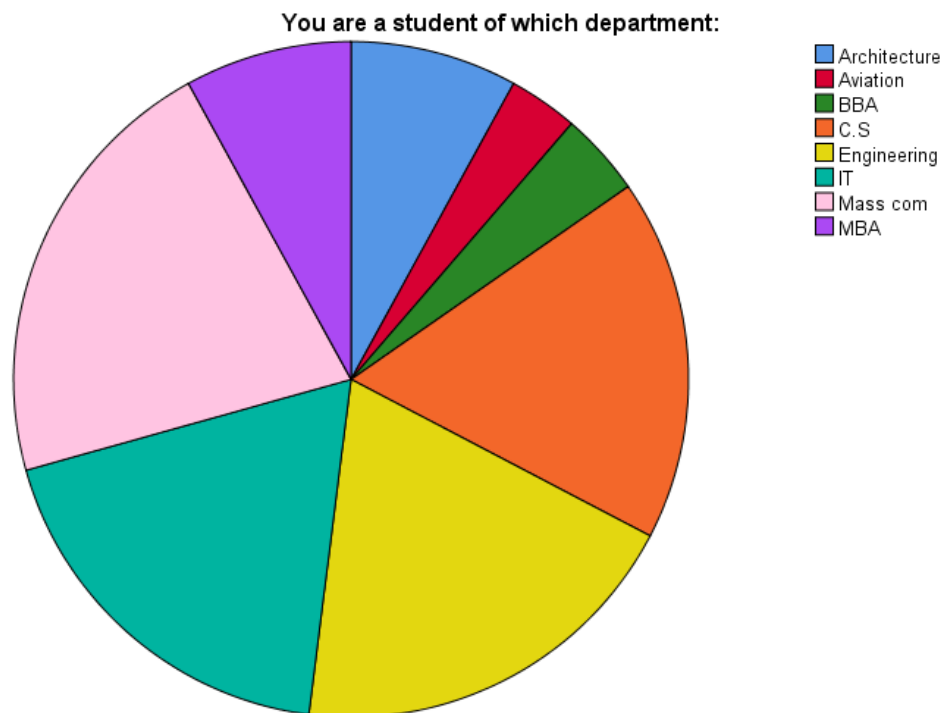


Table no.4: You are a student of which department:

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Architecture	12	8.0	8.0	8.0
	Aviation	5	3.3	3.3	11.3
	BBA	6	4.0	4.0	15.3
	C.S	26	17.3	17.3	32.7
	Engineering	29	19.3	19.3	52.0
	IT	28	18.7	18.7	70.7
	Mass com	32	21.3	21.3	92.0
	MBA	12	8.0	8.0	100.0
	Total	150	100.0	100.0	



First aid knowledge related:

Table no.5: Have you ever been a bystander to any accident or medical emergency?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	83	55.3	55.3	55.3
	No	67	44.7	44.7	100.0
	Total	150	100.0	100.0	

Have you ever been a bystander to any accident or medical emergency?

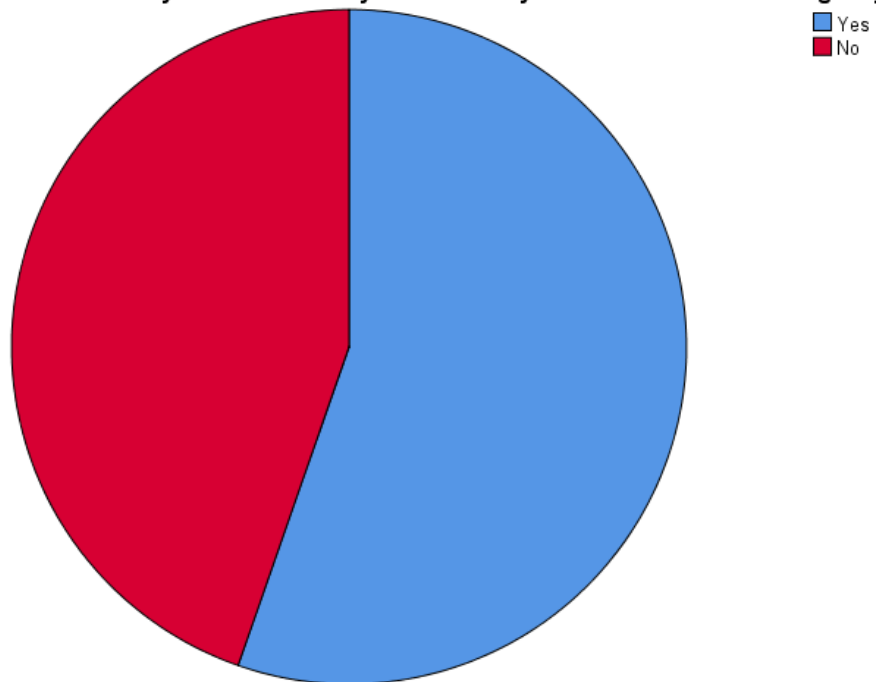
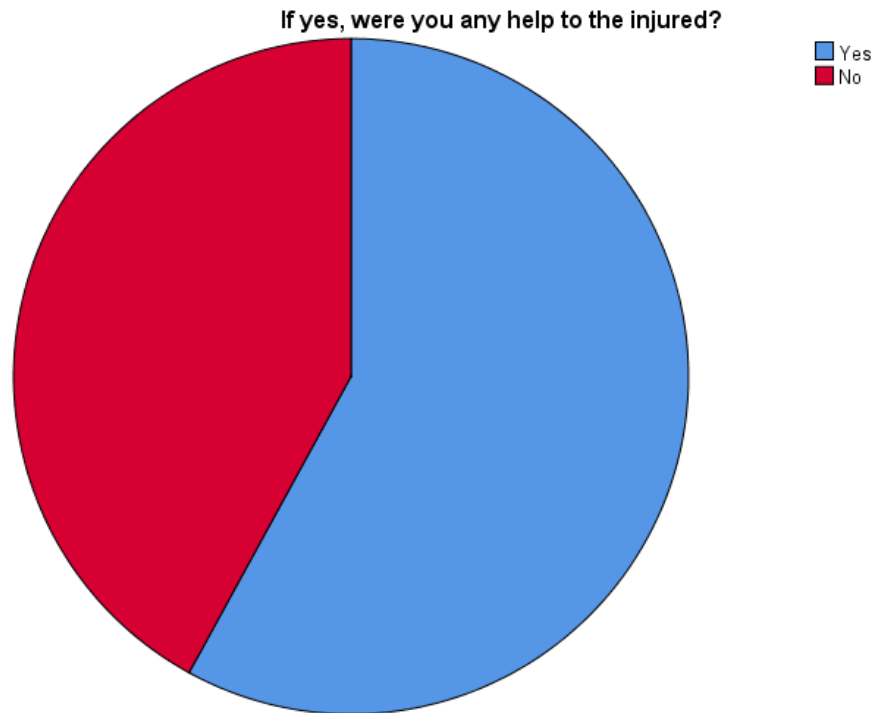


Table no.6: If yes, were you any help to the injured?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	80	53.3	58.0	58.0
	No	58	38.7	42.0	100.0
	Total	138	92.0	100.0	
Missing	System	12	8.0		
Total		150	100.0		



First aid attitude related:

Table no.7: Have you ever heard of First-Aid?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	146	97.3	97.3	97.3
	No	4	2.7	2.7	100.0
Total		150	100.0	100.0	

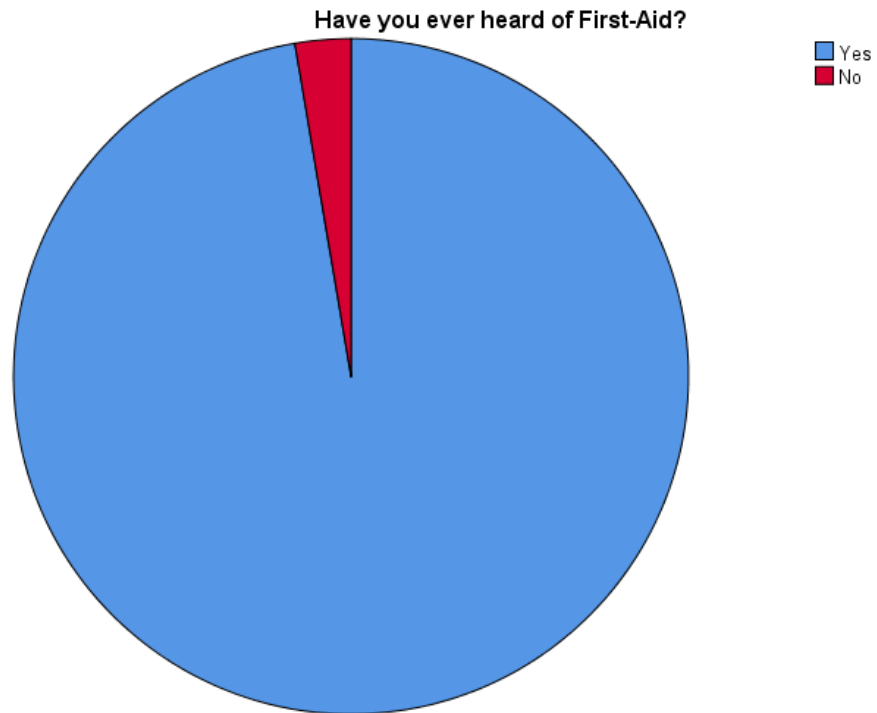


Table no.8: If yes, from where have you heard it?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Digital/Print media	38	25.3	25.3	25.3
	Books	38	25.3	25.3	50.7
	Teachers	37	24.7	24.7	75.3
	Others	37	24.7	24.7	100.0
	Total	150	100.0	100.0	

If yes, from where have you heard it?

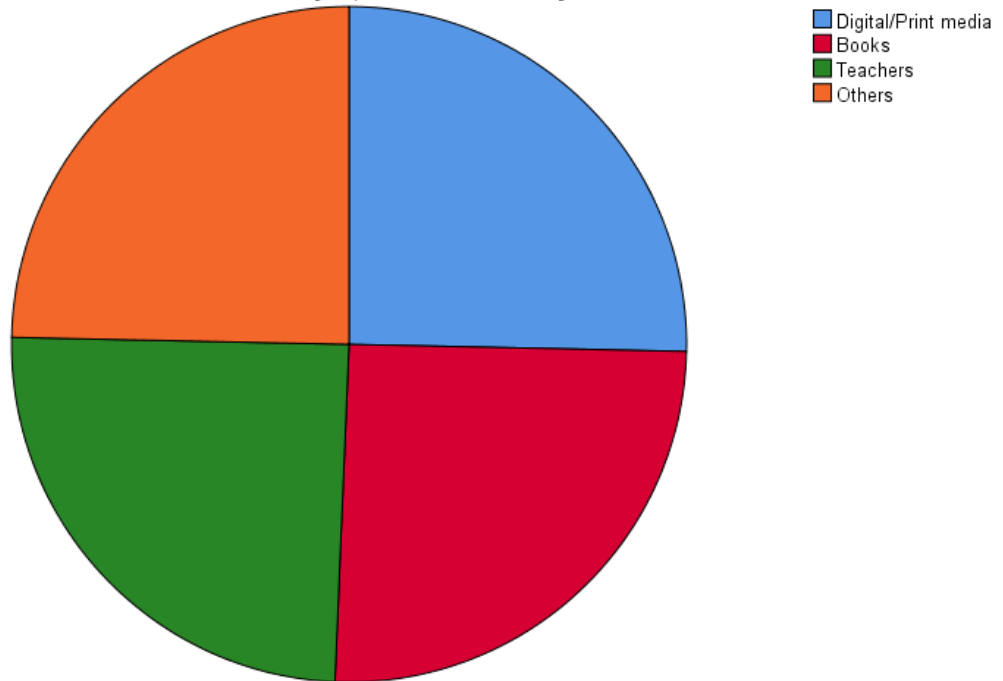


Table no.9: Do you think First-aid can help save a person's life?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	121	80.7	80.7	80.7
No	2	1.3	1.3	82.0
Maybe	27	18.0	18.0	100.0
Total	150	100.0	100.0	

Do you think First-aid can help save a person's life?

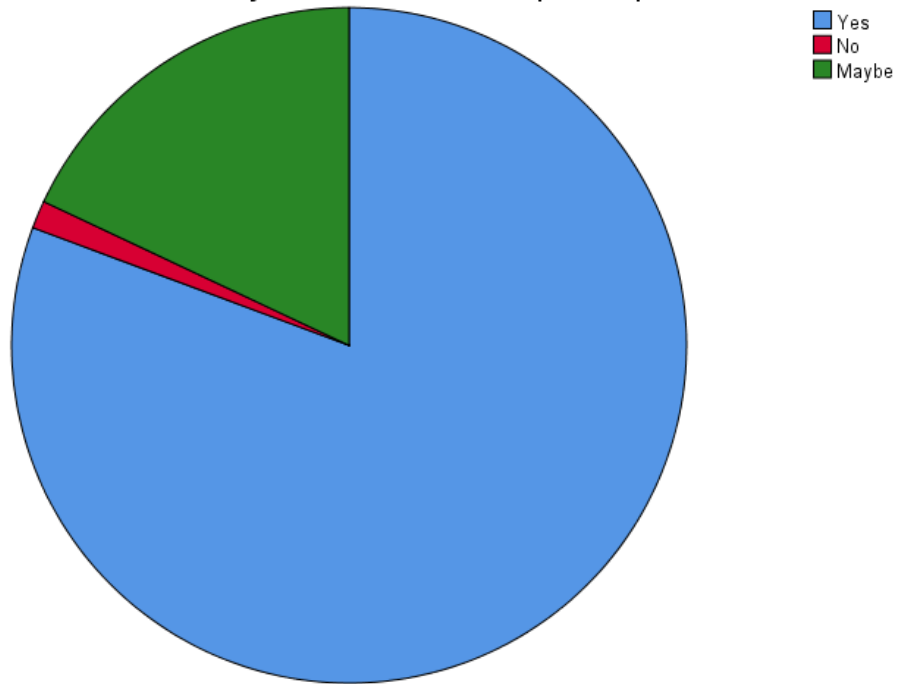


Table no.10: Is a First-Aid kit available in your car/home?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	92	61.3	61.3	61.3
	No	45	30.0	30.0	91.3
	Maybe	13	8.7	8.7	100.0
	Total	150	100.0	100.0	

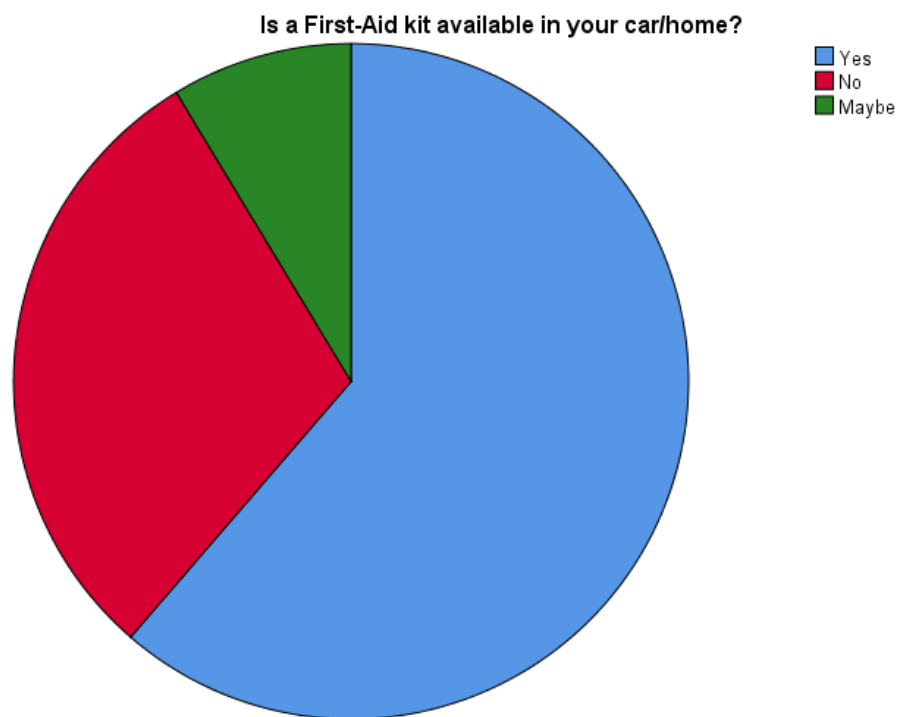


Table no.11: Are the first aid boxes at the university?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	110	73.3	73.3	73.3
	No	12	8.0	8.0	81.3
	Maybe	28	18.7	18.7	100.0
	Total	150	100.0	100.0	

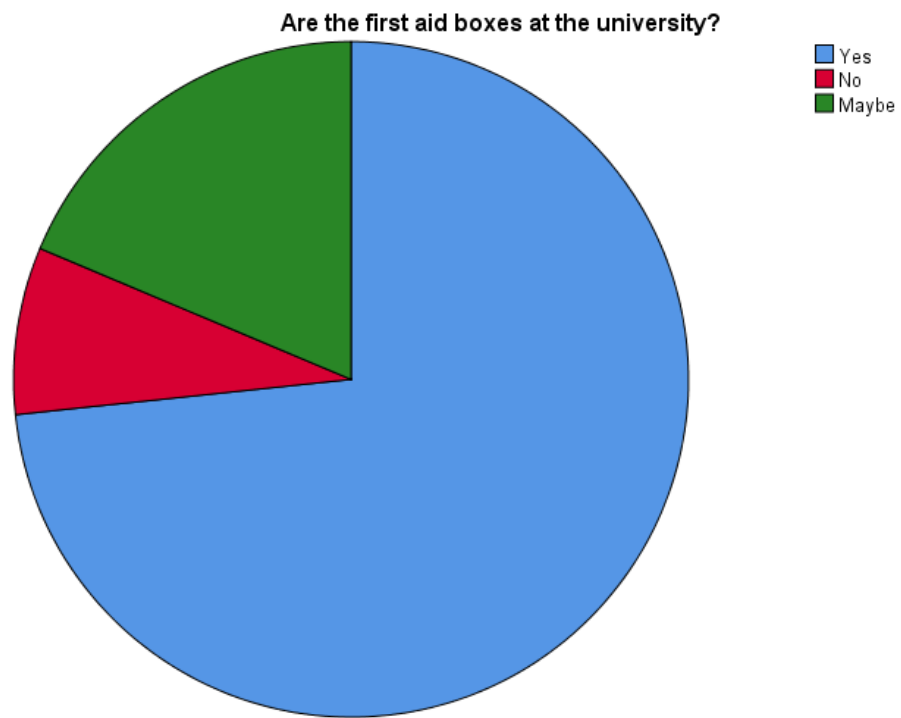
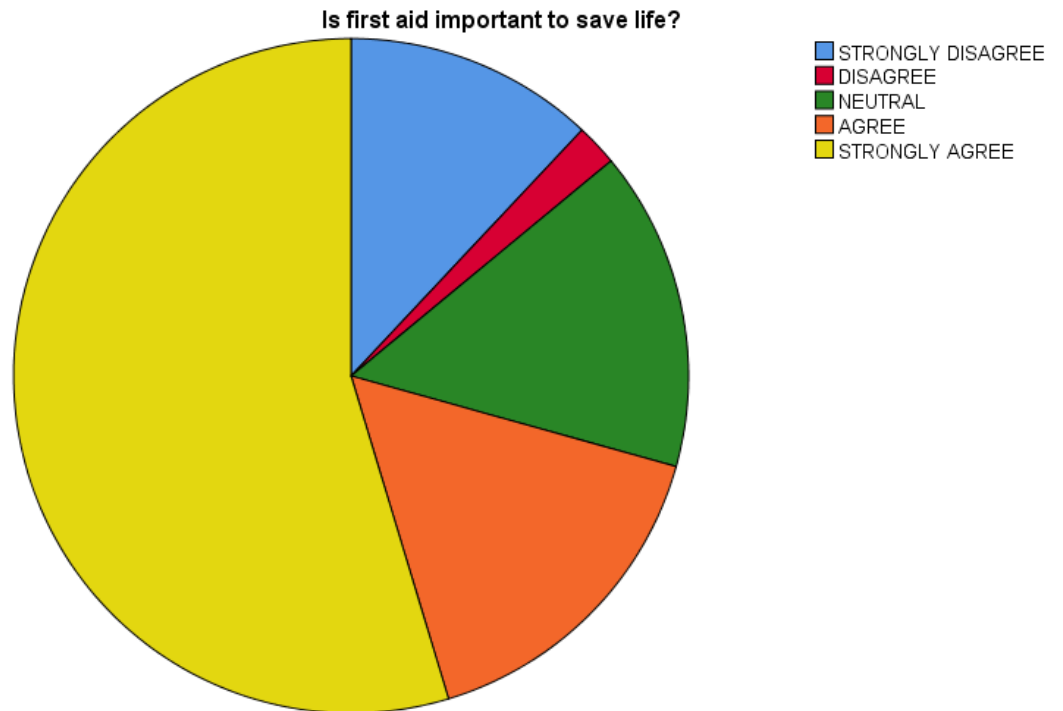


Table no.12: Is first aid important to save life?

Is first aid important to save life?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	STRONGLY DISAGREE	18	12.0	12.0	12.0
	DISAGREE	3	2.0	2.0	14.0
	NEUTRAL	23	15.3	15.3	29.3
	AGREE	24	16.0	16.0	45.3
	STRONGLY AGREE	82	54.7	54.7	100.0
	Total	150	100.0	100.0	

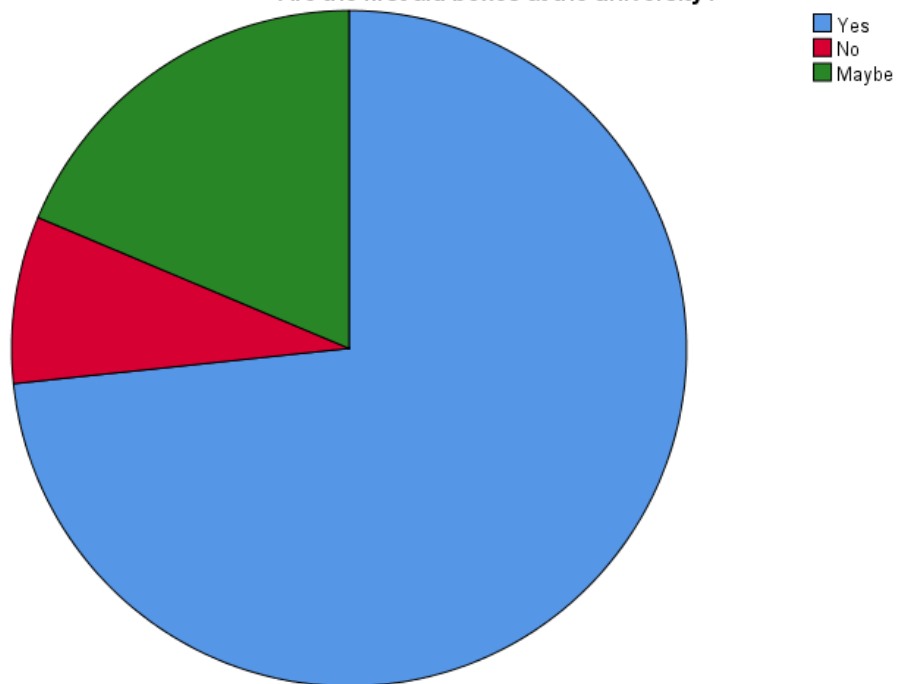


First aid practice/knowledge related:

Table no.13: Do you know what to do if someone is not breathing or bleeding heavily?

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Yes	91	60.7	60.7	60.7
No	25	16.7	16.7	77.3
Maybe	34	22.7	22.7	100.0
Total	150	100.0	100.0	

Are the first aid boxes at the university?



Crosstabs

Table no 1: Gender * Have you ever been a bystander to any accident or medical emergency?

Crosstab

Count

		Have you ever been a bystander to any accident or medical emergency?		
		YES	NO	Total
Gender	MALE	62	35	97
	FEMALE	21	32	53
Total		83	67	150

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	8.185	2	.004
N of Valid Cases	150		

Bar Chart

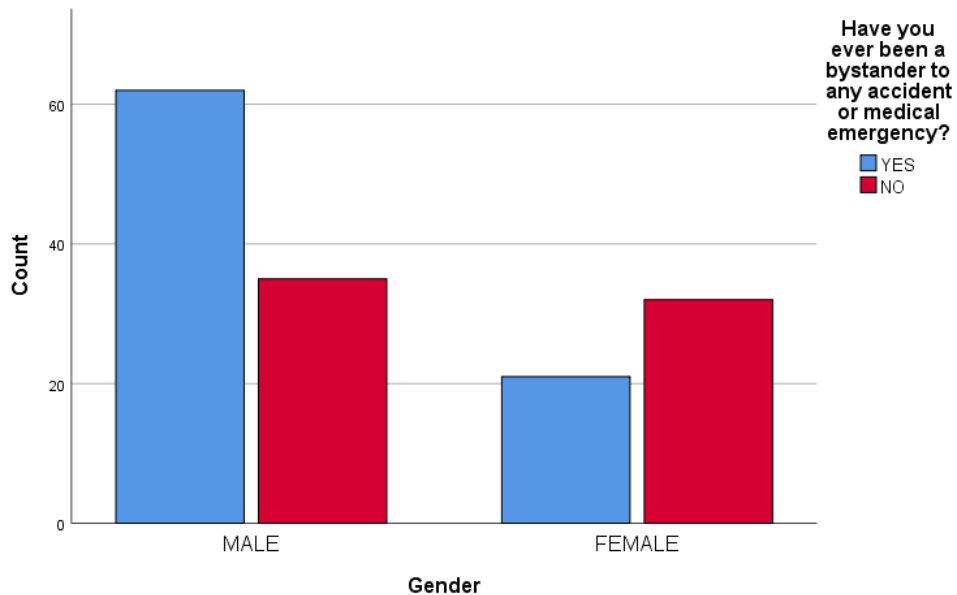


Table no 2: Gender * Have you ever heard of First-Aid?

Crosstab

Count

		Have you ever heard of First-Aid?		Total
		YES	NO	
Gender	MALE	93	4	97
	FEMALE	53	0	53
Total		146	4	150

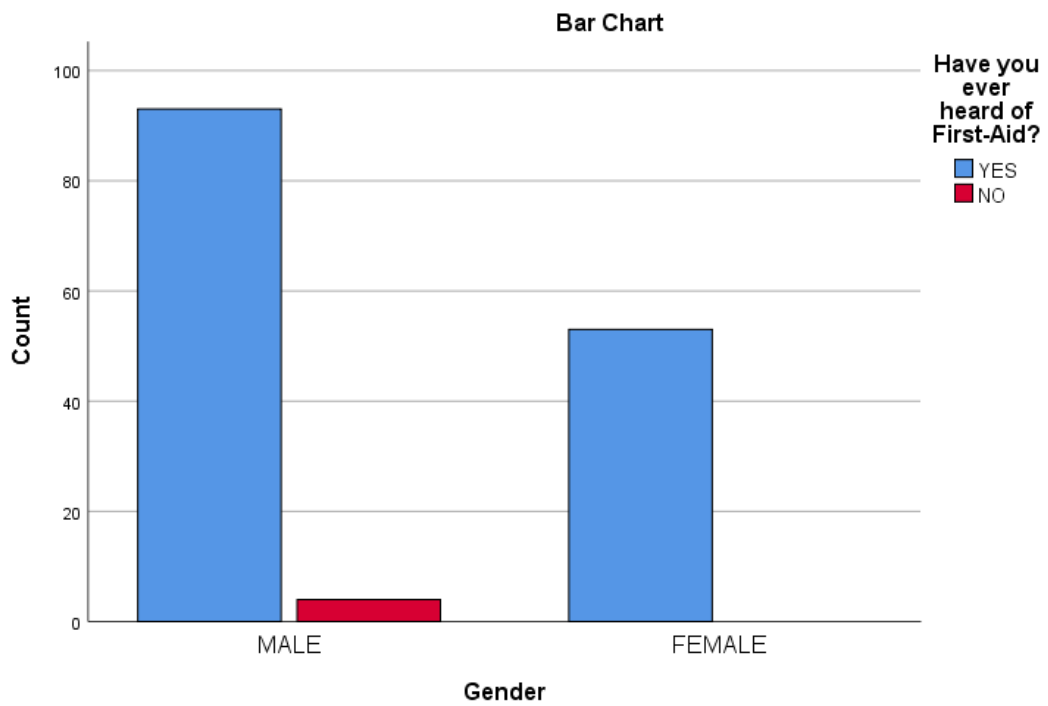


Table no 3: Gender * Is a First-Aid kit available in your car/home?

Count

		Is a First-Aid kit available in your car/home?			Total
		Yes	No	Maybe	
Gender	Female	37	15	1	53
	Male	55	30	12	97
Total		92	45	13	150

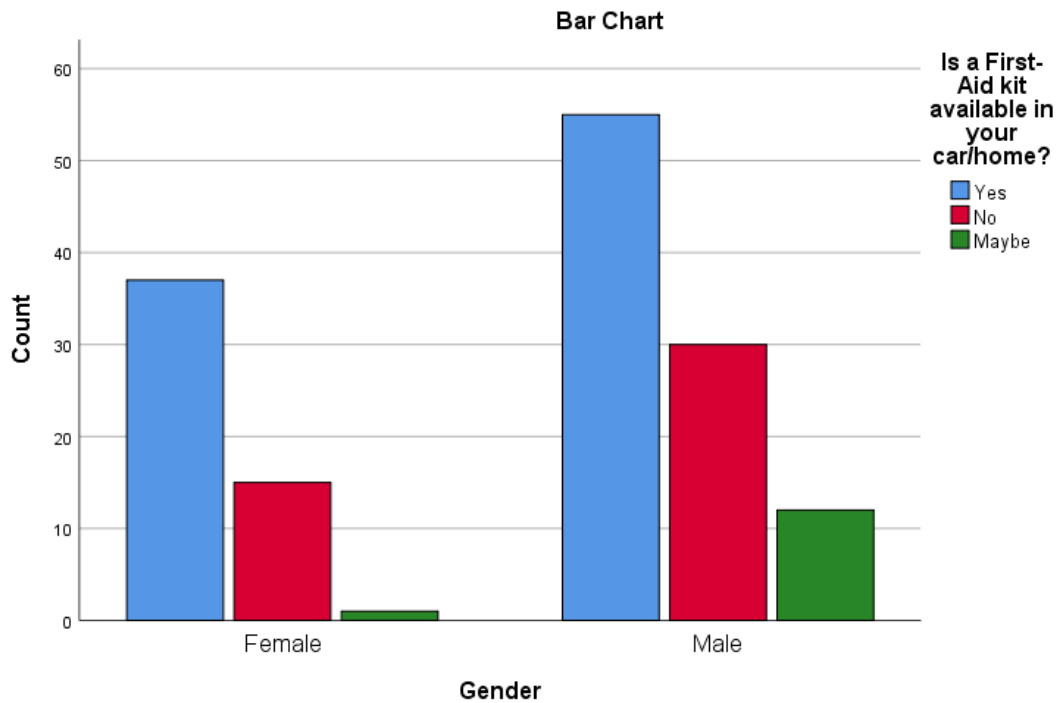


Table no 4: Gender * Are the first aid boxes at the university?

Crosstab

Count

		Are the first aid boxes at the university?			Total
		YES	NO	MAY BE	
Gender	MALE	75	8	14	97
	FEMALE	35	4	14	53
Total		110	12	28	150

Bar Chart

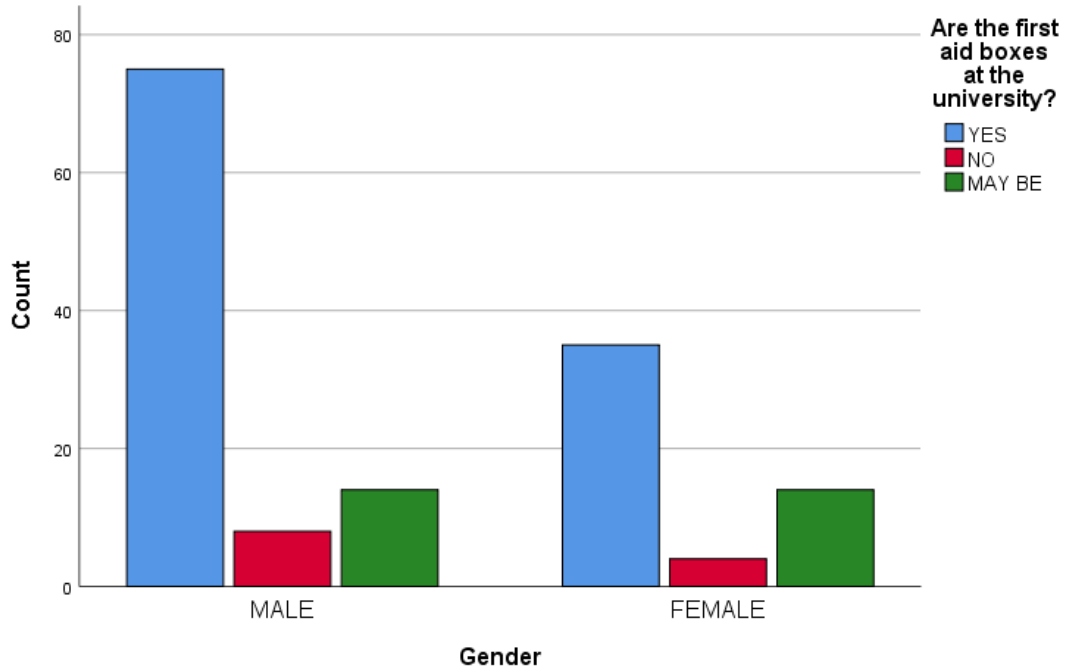


Table no 5: Gender * Do you know what to do if someone is not breathing or bleeding heavily?

Crosstab

Count

		Do you know what to do if someone is not breathing or bleeding heavily?			Total
		YES	NO	YES I HAVE PRACTISED IT	
Gender	MALE	55	15	27	97
	FEMALE	36	10	7	53
Total		91	25	34	150

Bar Chart

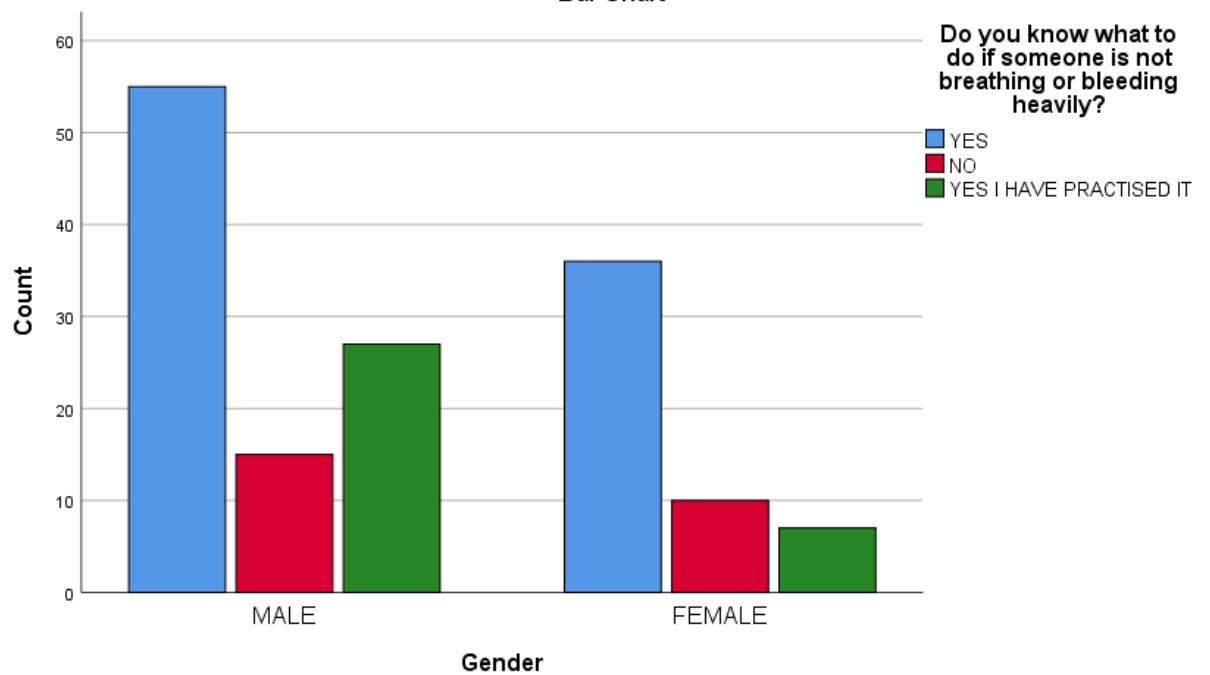


Table no 6: Age * Have you ever been a bystander to any accident or medical emergency?

Crosstab

Count

		Have you ever been a bystander to any accident or medical emergency?		Total
		YES	NO	
Age	LOWER AGE	21	22	43
	MIDDLE AGE	37	31	68
	UPPER AGE	25	14	39
Total		83	67	150

Bar Chart

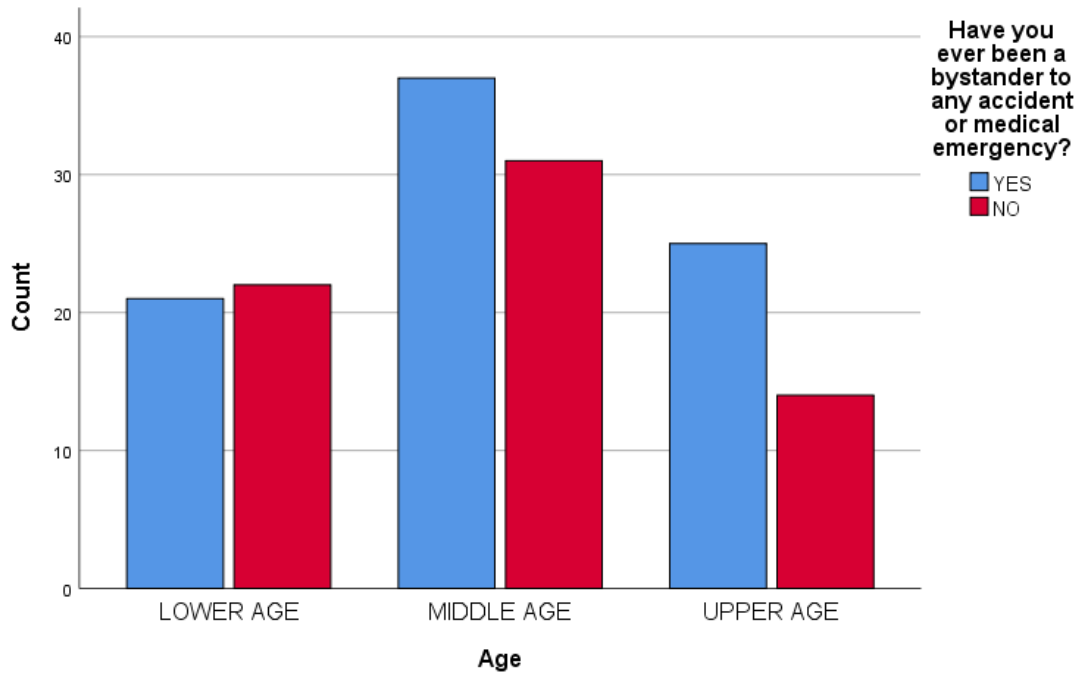


Table no 7: Age * Have you ever heard of First-Aid?

Crosstab

Count

		Have you ever heard of First-Aid?		Total
		YES	NO	
Age	LOWER AGE	42	1	43
	MIDDLE AGE	65	3	68
	UPPER AGE	39	0	39
Total		146	4	150

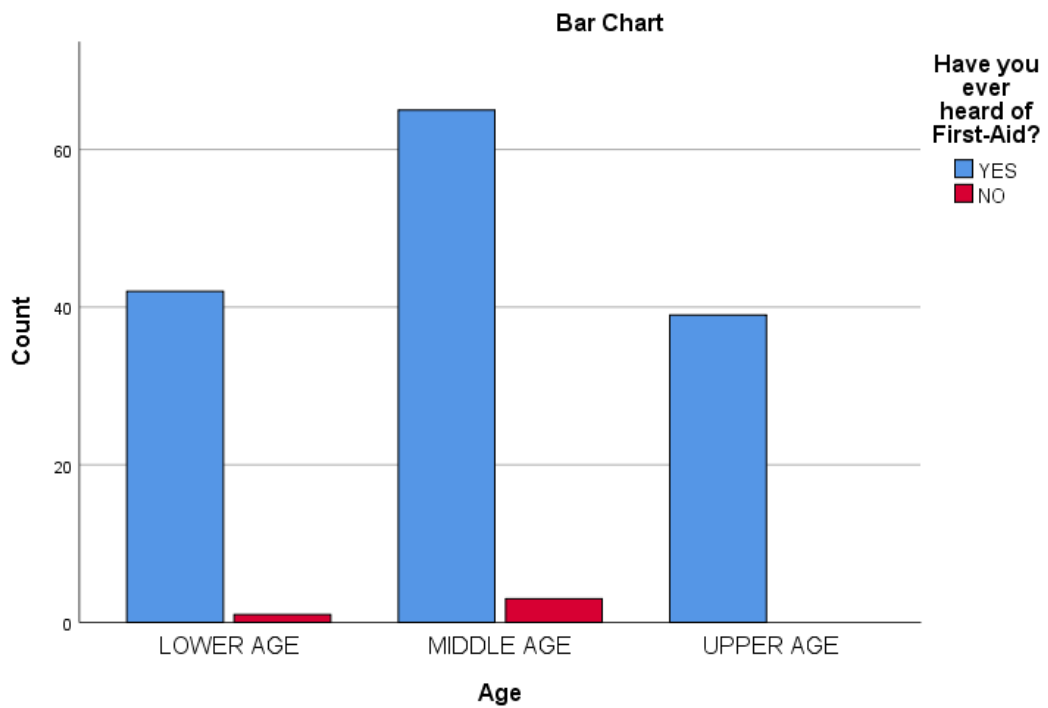


Table no 8: Age * Is a First-Aid kit available in your car/home?

Count

		Do you think First-aid can help save a person's life?			Total
		YES	NO	I DONOT KNOW	
Age	LOWER AGE	31	1	11	43
	MIDDLE AGE	57	1	10	68
	UPPER AGE	33	0	6	39
Total		121	2	27	150

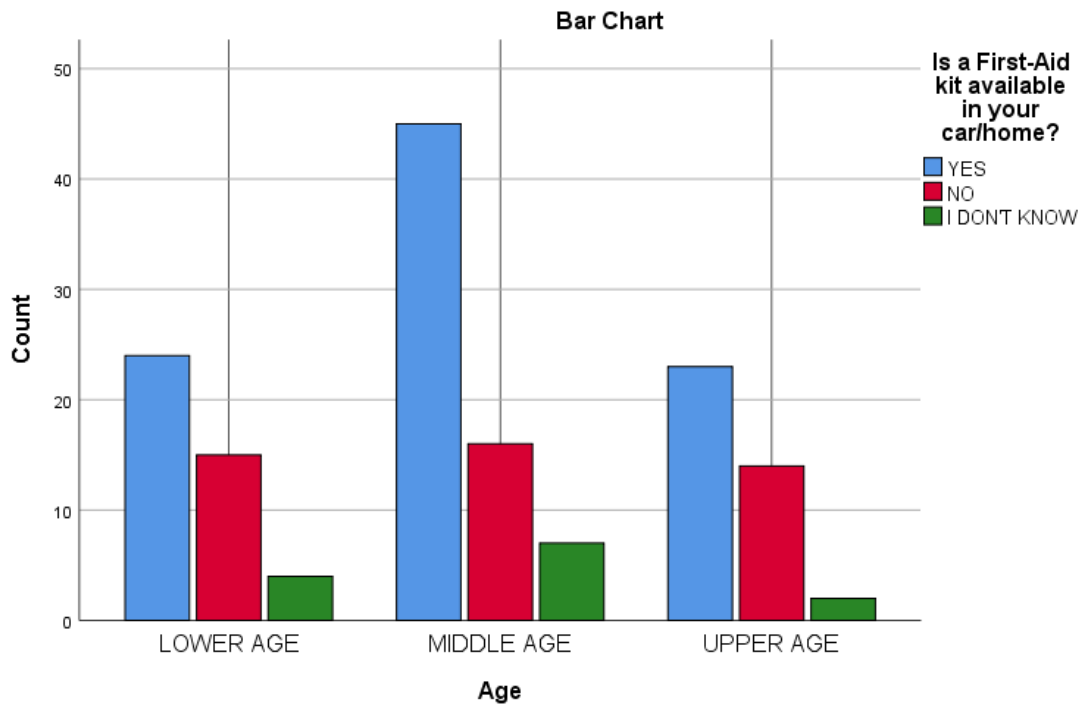


Table no 9: Age * Are the first aid boxes at the university?

Crosstab

Count

		Are the first aid boxes at the university?			Total
		YES	NO	MAY BE	
Age	LOWER AGE	31	4	8	43
	MIDDLE AGE	53	4	11	68
	UPPER AGE	26	4	9	39
Total		110	12	28	150

Bar Chart

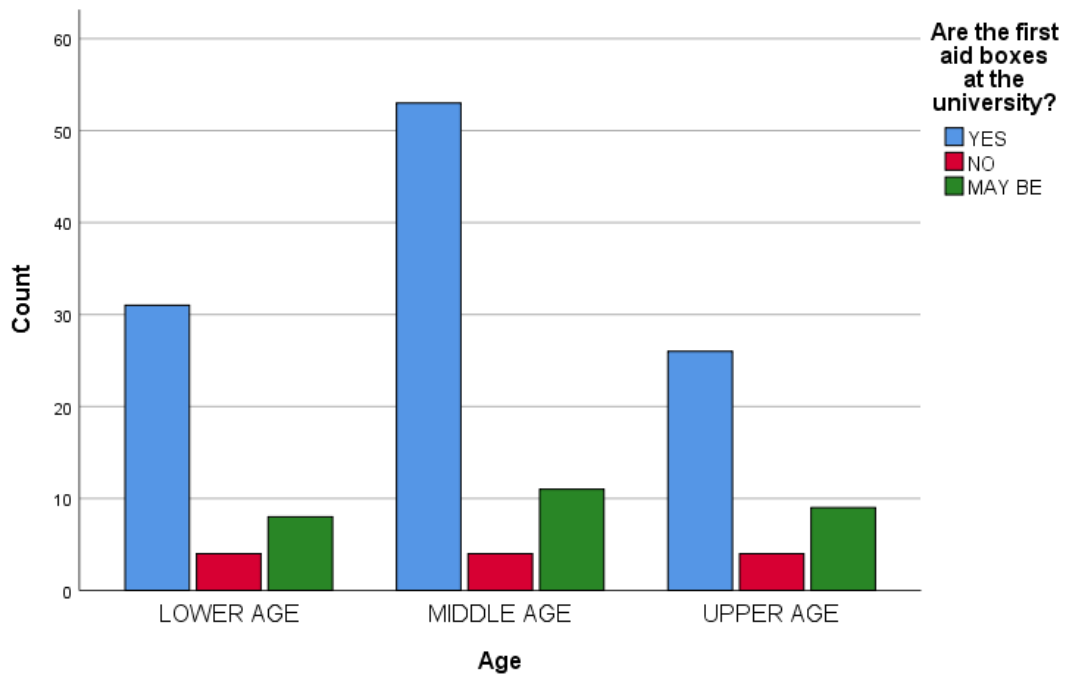


Table no 10: Age * Do you know what to do if someone is not breathing or bleeding heavily?

Crosstab

Count

		Do you know what to do if someone is not breathing or bleeding heavily?			Total
		YES	NO	YES I HAVE PRACTISED IT	
Age	LOWER AGE	21	7	15	43
	MIDDLE AGE	44	11	13	68
	UPPER AGE	26	7	6	39
Total		91	25	34	150

Bar Chart

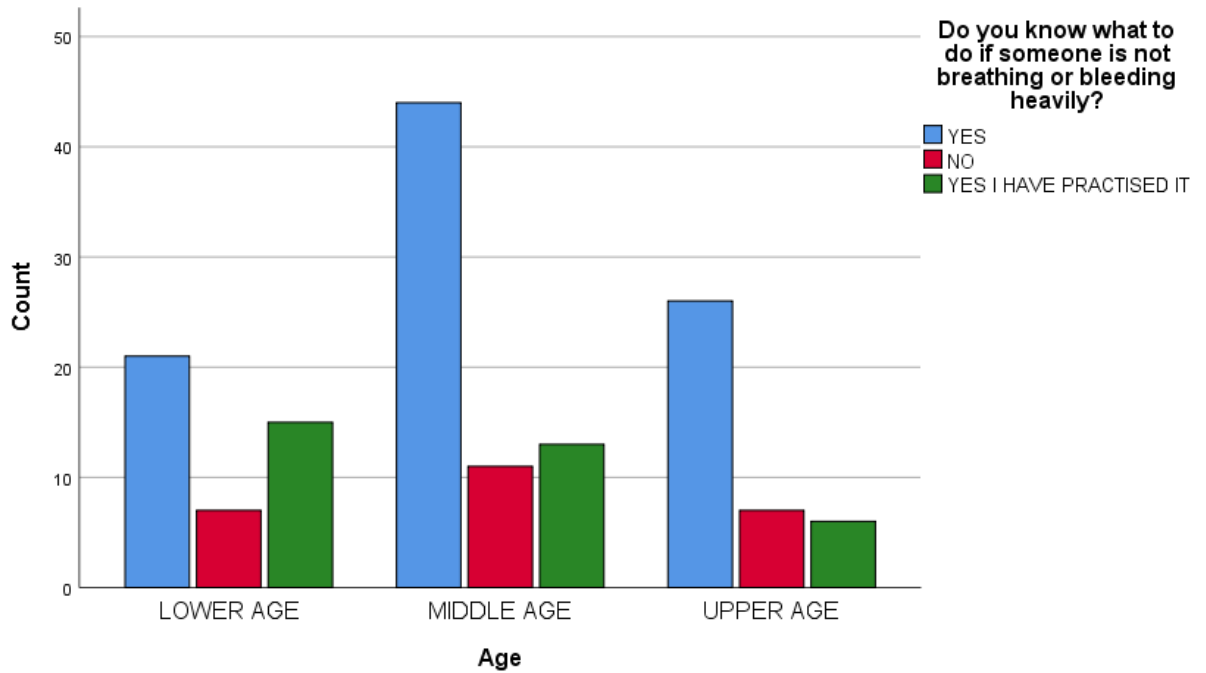


Table no 11: Residence * Have you ever been a bystander to any accident or medical emergency?

Crosstab

Count

Have you ever been a bystander to any accident or medical emergency?

		YES	NO	Total
Residence	URBAN	48	39	87
	RURAL	17	12	29
	MIXED	18	16	34
Total		83	67	150

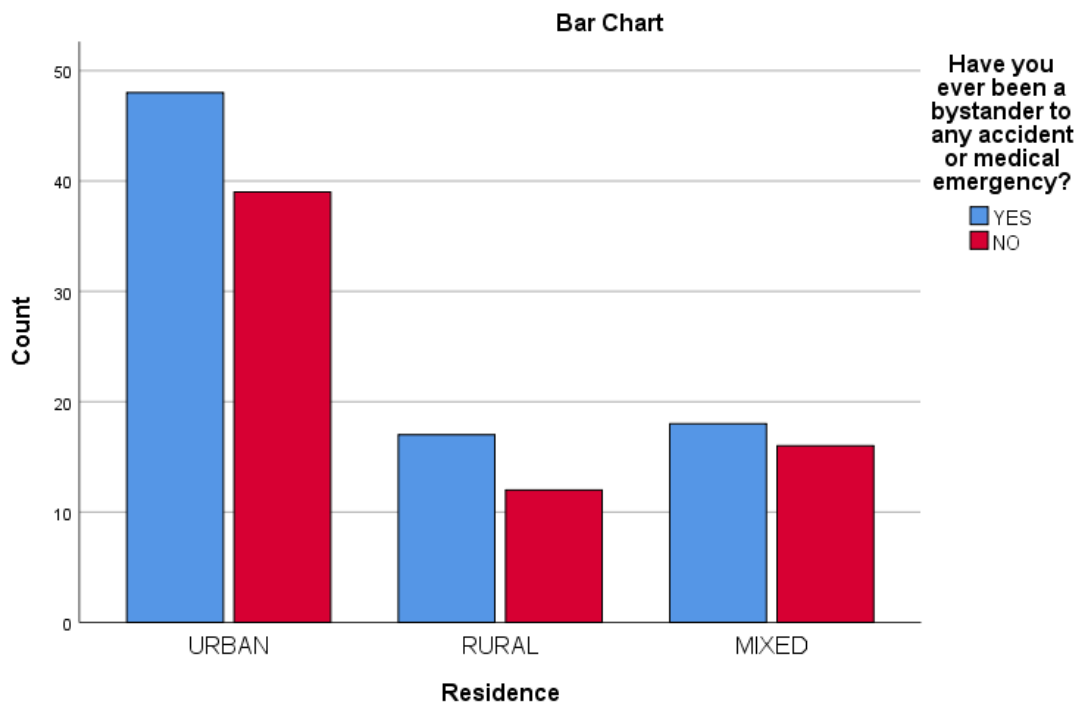


Table no 12: Residence * Have you ever heard of First-Aid?

Crosstab

Count

		Have you ever heard of First-Aid?		Total
		YES	NO	
Residence	URBAN	87	0	87
	RURAL	25	4	29
	MIXED	34	0	34
Total		146	4	150

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	17.147	2	.000
N of Valid Cases	150		

Bar Chart

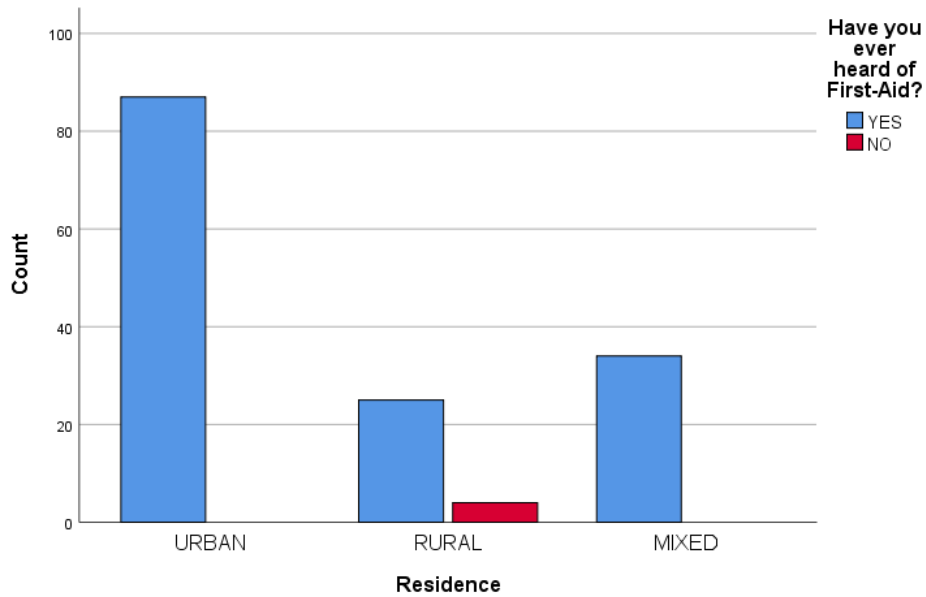


Table no 13: Residence * Is a First-Aid kit available in your car/home?

Residence * Is a First-Aid kit available in your car/home?
Count

		Is a First-Aid kit available in your car/home?			Total
		Yes	No	Maybe	
Residence	Rural	15	10	4	29
	Urban	53	28	6	87
	Mixed	24	7	3	34
Total		92	45	13	150

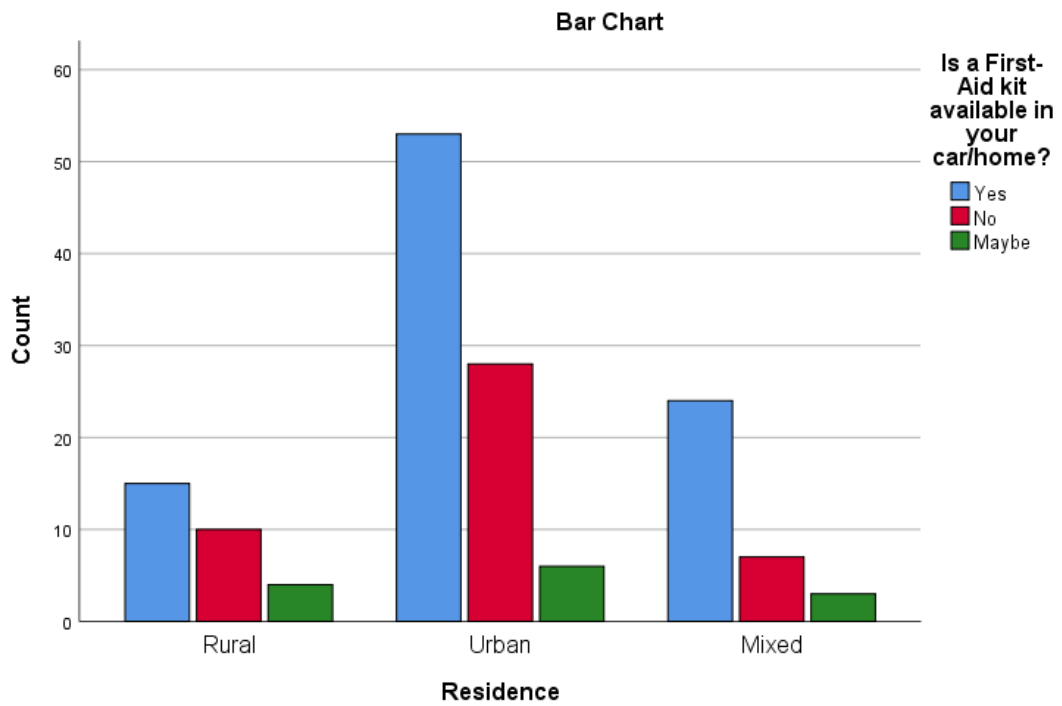


Table no 14: Residence * Are the first aid boxes at the university?

Crosstab

Count

		Are the first aid boxes at the university?			Total
		YES	NO	MAY BE	
Residence	URBAN	66	8	13	87
	RURAL	20	3	6	29
	MIXED	24	1	9	34
Total		110	12	28	150

Bar Chart

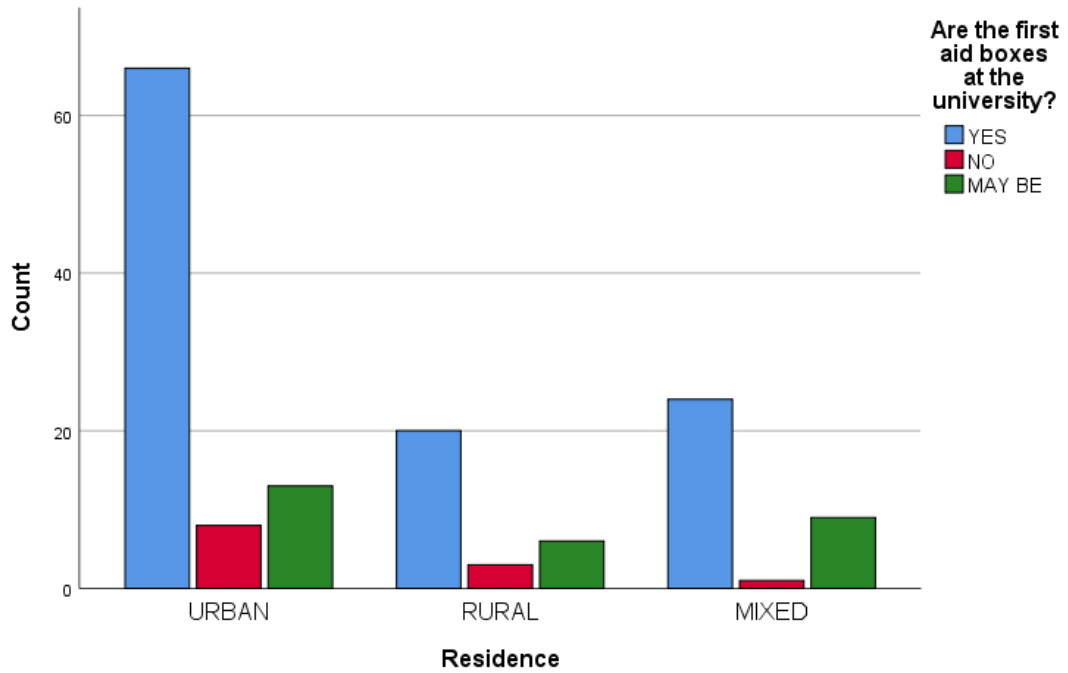


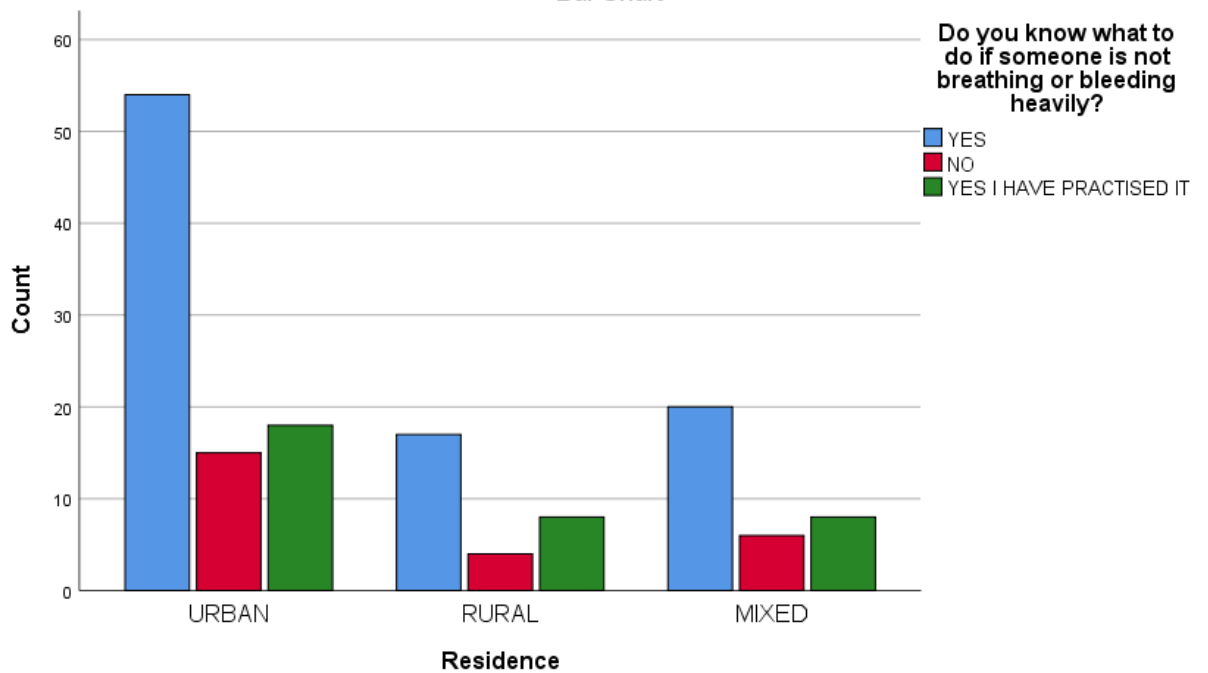
Table no 15: Residence * Do you know what to do if someone is not breathing or bleeding heavily?

Crosstab

Count

		Do you know what to do if someone is not breathing or bleeding heavily?			Total
		YES	NO	YES I HAVE PRACTISED IT	
Residence	URBAN	54	15	18	87
	RURAL	17	4	8	29
	MIXED	20	6	8	34
Total		91	25	34	150

Bar Chart



Discussion

Frequency:

- **Table no 1** shows that 35.3% are females and 64.7% are males.

- **Table no 2** show that 28.7% are at the age of Lower age, Middle age are 45.3%, and Upper age are 26%.

- **Table no 3** show that 19.3% are rural, 58% are urban and 22.7% are mixed.

- **Table no 4** show that 8% students from Architecture, 3.3% from aviation, 4% from BBA, 17.3% from CS, 19.3% from engineering, 18.7% from IT, 21.3 from mass com and 8% from MBA.

- **Table no 5** show that 55.3% have ever been a bystander to any accident or medical emergency while 44.7% are not.

- **Table no 6** show that 53.3% were help to the injured, while 38.7% were not.

- **Table no 7** show that 97.3% have ever heard of First-Aid while only 2.7% are not.

- **Table no 8** show that they heard about first aid, 25.3% from digital media, 25.3% from books, 24.7% from teachers and 24.7% from others.

- **Table no 9** show that 80.7% think first aid can help to save a person's life, 18% have no idea, while only 1.3% have not.

- **Table no 10** show that 61.3% have a first aid kit in available in their car/home, while 30% have not.

- **Table no 11** show that 73.3% have first aid boxes at the university, 18.7% have no idea only 8% have not.

- **Table no 12** show that 12% strongly disagree, 2% disagree, 15.3% Neutral, 16% agree and 54.7% strongly agree on that first aid can save life.

- **Table no 13** show that 60.7% know that what to do if someone is not breathing or breathing heavily 22.7% have no idea.

Cross tabs

Significance level (α) = 0.05

- **Table no 1** shows that more males have been a bystander to any accident or medical emergency than females.
 - ⇒ P value is < 0.05

- **Table no 2** shows that most of males and females have heard about First-Aid
 - ⇒ P value is > 0.05

- **Table no 3** shows that most of males and females people have first aid kits in car/home.
 - ⇒ P value is > 0.05

- **Table no 4** shows that most of males and females know that first aid boxes is available in university.

⇒ P value is > 0.05

- **Table no 5** shows that 83.33% of males and females know that what to do when someone is not breathing and bleeding heavily.

⇒ P value is > 0.05 .

- **Table no 6** shows that middle age groups faces more accidents than any other age groups.

⇒ P value is > 0.05

- **Table no 7** shows that all the age groups have heard about the first aid.

⇒ P value is > 0.05

- **Table no 8** shows that 61.33% of all the age groups knows first-aid kit available in their car/home.

⇒ P value is > 0.05 .

- **Table no 9** shows that 73.33% of all the age groups knows first-aid boxes available at the university in which middle age group are about 50%.

⇒ P value is > 0.05

- **Table no 10** shows that 60.66% of all the age groups knows that what to do when someone is not breathing and bleeding heavily.

⇒ P value is > 0.05

- **Table no 11** shows that people of who lived in urban areas face more accidents than any other residential areas.

⇒ P value is > 0.05

- **Table no 12** shows that people of who lived in urban and mixed areas heard about the first aid than the people who lived in rural areas

⇒ P value is < 0.05

- **Table no 13** shows that 57% of people who lived in urban areas have first aid kit at home/car.

⇒ P value is > 0.05

- **Table no 14** shows that most of people who lived in any of area knows first aid boxes available in university.

⇒ P value is > 0.05

- **Table no 15** shows that most of people who lived in any of area knows what to do when someone is not breathing or bleeding heavily.

⇒ P value is < 0.05

RECOMMENDATIONS

- Celebration of safety week at university.
- Lectures to non-medical students regarding first aid.
- Display of safety instructions at prominent places.
- Rescue services should be invited at campus for awareness.
- Spread awareness through social media platforms.
- Safety audit.
- Mock trainings should be arranged at campus.
- Slogan and poster presentation competition.
- Field visits to Red Crescent trainings.
- Seminars should be arranged regarding first-aid.
- Providing first-aid kits to students.
- Encourage volunteer work ay emergency situation.
- Updating latest techniques and knowledge.

LIMITATIONS OF THE STUDY

- The study is restricted to the students of Superior University.
- The sample size of the study is limited to 150 students.
- The sampling method adopted for the study is convenience sampling

The above are termed as limitations as these do not permit to generalize the results derived from the study.

Conclusion:

Our study concluded that the knowledge, practice and attitude of the student towards first aid is not at an adequate level. The attitude and skills of the study participants were not satisfactory. Universities need to organize an effective committee to monitor and conduct first aid courses and activities. Students need to realize the public importance of such activities and ensure they effectively involve in these lifesaving procedures.

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ANNEXURE

Department of Community Medicine ANMC

Socio-demographic Profile

1. **Gender**

Female

Male

2. **Age**

Lower age

Middle age

Upper age

3. **Residence**

Urban

Rural

Mixed

4. **You are a student of which department:**

Architecture

Aviation

BBA

C.S

Engineering

IT

Mass com

MBA

First aid knowledge related:

5. Have you ever been a bystander to any accident or medical emergency?

Yes

No

If yes, were you any help to the injured?

Yes

No

6. Have you ever heard of First-Aid?

Yes

No

If yes, from where have you heard it?

Digital/Print media

Books

Teachers

Others

First aid attitude related:

7. Do you think First-aid can help save a person's life?

- Yes
- No
- I don't know

8. Is a First-Aid kit available in your car/home?

- Yes
- No

9. Are the first aid boxes at the university?

- Yes
- No
- I don't know

10. Is first aid important to save life?

- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

First aid practice/knowledge related:

11. Do you know what to do if someone is not breathing or bleeding heavily?

- Yes
- No
- Yes but I never practiced it

GANTT CHART:

The below chart represents the time period and the details of the research

