Galore International Journal of Health Sciences and Research
[Indexed, Peer-Reviewed Journal]
Vol. 11; Issue: 2; April-June 2026
Website: www.gijhsr.com
Original Research Article *P-ISSN: 2456-9321*

Awareness, Knowledge and Attitude about BLS among Physiotherapists of Bathinda, Punjab - A Questionnaire-Based Survey

Jujhar Singh Rana[1], Sutantar Singh[2], Kavita Kaushal[3], Simran Sharma[4], Sonam Kumari[5]

[1]BPT, Junior Physiotherapist, College of Physiotherapy, AIMSR, Adesh University, Bathinda
[2]MPT, Associate Professor, College of Physiotherapy, AIMSR, Adesh University, Bathinda
[3]MPT, Professor, College of Physiotherapy, AIMSR, Adesh University, Bathinda

Corresponding Author: Sutantar Singh

DOI: https://doi.org/10.52403/gijhsr.20260212

ABSTRACT

The basic life support including cardiopulmonary resuscitation is an emergency procedure to save the life of an individual who suffer from life threatening conditions such as heart stroke. The knowledge of BLS is very much essential for healthcare providers to save the life of an individual in and outside the hospital. The study was conducted after the Ethical approval. The written and verbal consent was taken from the participants followed by the distribution of the questionnaire. The questionnaire was composed of MCQ regarding all three domains Awareness, Knowledge, and attitude. The questionnaire was filled in front of the investigator and was collected for further analysis. The results of the study revealed that 14.81% of participants were having poor awareness of BLS whereas 34.26% were having average and 55.93% were having good awareness. While discussing the knowledge 30.55% were having poor knowledge, 32.41% were having average knowledge and only 37.03% were having good knowledge of BLS. Most of the participants were having a positive attitude toward BLS and 100% of participants recommended the inclusion of BLS in the curriculum. The results of the study concluded there was a lack of awareness and knowledge about BLS which needs to be improved through proper training and seminars. The participants were having a positive attitude toward Basic life support.

Keywords: Basic life support, CPR, Artificial Breathing, Chest compressions, Defibrillator, Physiotherapy, Healthcare

INTRODUCTION

Basic life support is a foundation of life-saving emergency medical procedures used to save the victim from life-threatening conditions such as cardiac arrest until the victim reached in hospital for medical care.[1,2,3,4] Irrespective of the situation life-threatening conditions may occur to anyone and anywhere. The life of an individual can be saved with the early detection of symptoms of cardiac arrest, heart attack, stroke, and foreign body airway obstruction.[3,5,6] The knowledge of basic life support is very important to decrease the mortality rate and increase the chances of survival and improve the quality of community health after life-threatening medical conditions. [7,8,9]

Basic life support is a systematic sequence of events to be taken that includes early detection of symptoms, CPR, bleeding

control, artificial ventilation, and airway management. [5,2,10,11,12] Cardiopulmonary resuscitation is a basic medical skill invented in 1960 and it forms the main and crucial component of basic life support.[2,5] After 3-4 minutes of injury or hypoxia the human brain can undergo irreversible damage, The cardiopulmonary resuscitation must be given to the victim within 1- second of cardiac arrest. The survival rate of an individual decrease by 7-10% after every one minute of the injury and the survival rate is very less if CPR is delayed or neglected and it may cause the death of the victim after 10 minutes.[9,13,14,15,16]

No Specific equipment or specific setting is required to perform CPR but only proper practice and psychomotor skills are required to perform high-quality CPR. [16,15, 17] The practice of BLS can save the lives of an individual in most cases if given on time. So, everyone in our community must have appropriate knowledge of BLS. The knowledge and attitude of medical professionals vary according to the survey conducted worldwide in various countries. The Physiotherapists deal with patients with various health issues and they provide treatment ranging from acute to chronic conditions and from on-field to off-field rehabilitation. In these settings, physiotherapists deal with various fetal or non-fetalconditions.[18] Apart from the benefits of exercise some fetal or non-fetal events may occur during physical activity/exercise. Although the supervised exercise program has very less chances of cardiovascular incidences.[19] So the Physiotherapists must have adequate knowledge of BLS. The current study has been conducted to check the awareness, knowledge, and attitude of Physiotherapists in the Bathinda district of Punjab.

MATERIALS & METHODS

The current cross-sectional survey study was conducted after the approval from the Institutional Research Committee of the College of Physiotherapy Ethical committee of Adesh University. The questionnaire for the study was selected from the previously published study and was upgraded as per recent guidelines of CPR and BLS by the American Heart Association where appropriate.[20,21]

The questionnaire comprised 3 domains: Awareness domain contains 5 MCQ, Knowledge domain contains 10 MCQ and attitude domain contains 5 MCQ. The written and verbal consent was taken from the subjects. A total of 114 subjects have participated in the study in which students in BPT final year, Physiotherapy interns, and Physio who have recently passed out and have less than 1 year of experience from the Bathinda region were included in the study. All the participants belonged to the age group of 21 to 26 years. The students of BPT 1st, 2nd & 3rd-year professionals and Physiotherapists having more than 1 year of experience were excluded from the study. The questionnaire was answered by the participants in the presence of an investigator to avoid any malpractice. The responses were evaluated based on the main objectives of the study.

RESULT

A total of 114 subjects participated in the study out of which 6 were considered dropouts as they left the questionnaire blank. The collected responses were analyzed for all 3 domains for 108 subjects.

Awareness Domain:

Out of 108 subjects 102 have heard the term BLS and knew its correct expansion, 72 subjects knew about AED and could expand correctly. 75%participants were aware of the first response to an unresponsive and unconscious victim, Awareness score is shown in the table: 1

Category	Awareness	Knowledge
Poor	16 (14.81%)	33 (30.55%)
Average	37 (34.26%)	35 (32.41%)
Good	55 (55.93%)	40 (37.03%)

Knowledge Domain:

The analysis of components under the knowledge domain and individual

components of CPR are shown in Figures 1 and figure 2:

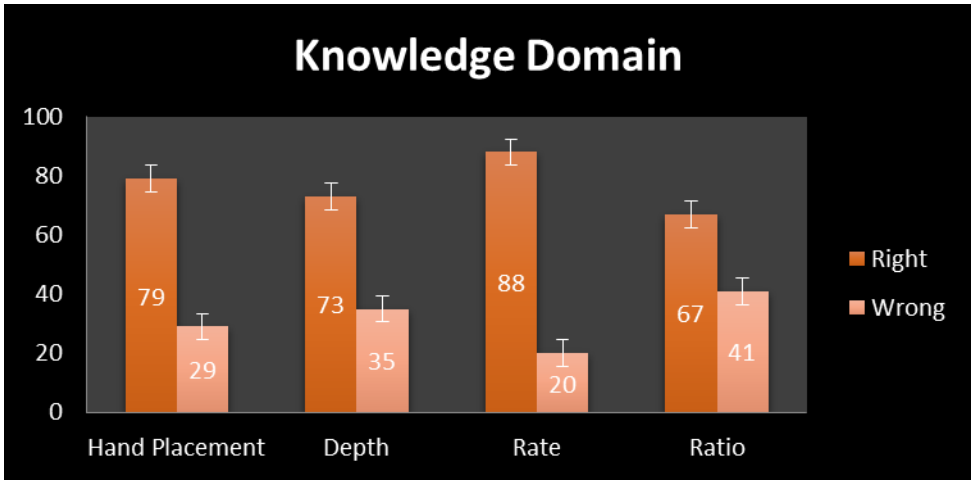

Figure 1: Showing scoring of the knowledge domain

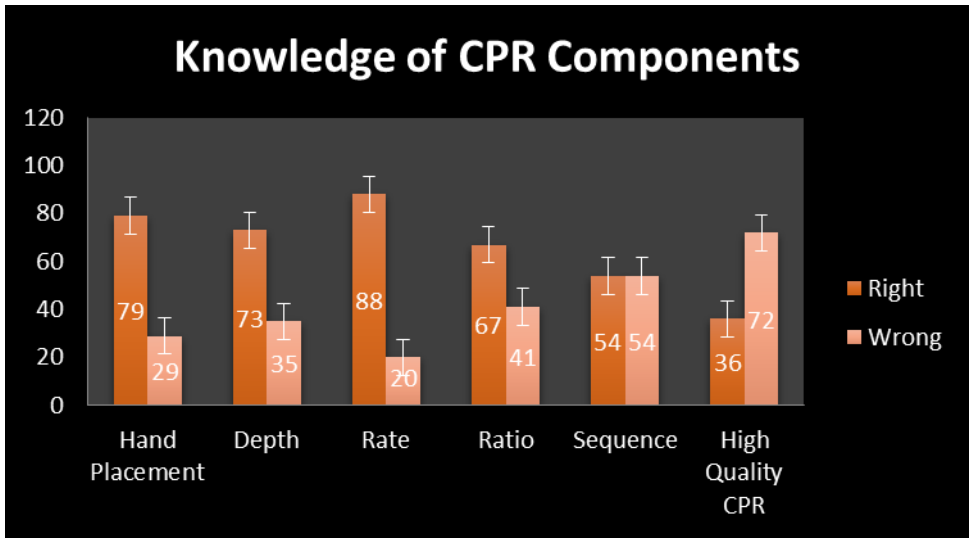

Figure 2: Showing knowledge of individual components of CPR

American Heart Association guidelines for BLS and CPR were used as guidelines for the knowledge domain. The scores of participants in the knowledge domain are shown in table 1.

Attitude Domain:

A total of 62 (57.40%) participants were confident in performing CPR. When asked to rate themselves on BLS performance 11 (10.18%) of them rated themselves in the poor category, 71 (65.74%) participants rated in the average category, 24 (27.12%) in the good category whereas only 2 (1.85%) participants rated themselves in the excellent category. The reason for reluctance stated by the study participants is shown in table 2:

Reason for reluctance	Number of Participants	Percentage
Fear of causing harm to the victim	53	49.07%
Unaware of the correct procedure	25	23.15%
Fear of being punished	6	5.56%
Not exposed to professional training	24	22.22%

57 (52.77%) of study participants had not undertaken certified BLS training, 43(39.81%) had attended training in the last 2 years while 5 (4.63%) participants had attended certified training but 3-5 years back. When asked about the inclusion of BLS in the curriculum all 100% of participants recommended the inclusion of BLS in the curriculum.

DISCUSSION

CPR is an essential key for saving the lives of victims of cardiac arrest which involves chest compressions and rescue breathing.[22] The healthcare professionals and society in and out of the hospital have been trained and upgraded since the first guidelines of CPR are published.[23] The previous studies have been done to explore the knowledge of CPR in physicians,[24,25] dentists,[2,26,27] nurses,[28,29] paramedical professionals,[30] radiographers, [31,32] university students,[6,12,33] secondary schools students,[34] teachers[14] and general public.[35,36] However there is a paucity of data present about knowledge, awareness, and attitude about BLS among Physiotherapists. The current study reveals the knowledge, awareness, and attitude about BLS among Physiotherapists in the Bathinda district of Punjab. This study also includes the interns of Physiotherapy as they are going to be fresh professionals and they are going to treat patients independently.

The result of the current study shows good awareness (50.93%) of approximately half of the participants and 34.26% showed good awareness. Yet there is a need to explore the awareness of BLS among Physiotherapists of the Bathinda region. There is a fluster lack of knowledge of BLS in Physiotherapists in Bathinda where only 37.03% of participants showed good knowledge of BLS and 32.41% showed average knowledge whereas marked 30.55% of participants showed poor knowledge of BLS which is a matter of concern to train the Physiotherapists for BLS.

Most of the participants were having theoretical knowledge of CPR components of Ideal duration of pulse check, rate of compressions, Ration of CPR, and depth of compressions but they were not confident in performing CPR. Being a questionnaire-based survey there is a limitation of the current study that the practical hand skills of participants were difficult to evaluate. Further studies can be conducted to overcome this limitation.

CONCLUSION

It is concluded from the results of the study that even a few participants have awareness of BLS but there is a lack of knowledge and skills of BLS and CPR among Physiotherapists they all have a positive attitude towards BLS and they all have recommended the inclusion of BLS in the curriculum.

Declaration by Authors

Ethical Approval: Approved
Acknowledgement: None
Source of Funding: None
Conflict of Interest: The authors declare no conflict of interest.

REFERENCES

1. Alotaibi O, Alamri F, Almufleh L, Alsougi W. Basic life support: Knowledge and attitude among dental students and staff in college of Dentistry, King Saud University. Saudi J. Dent. Res. 2016; 7: 51-6
2. Reddy S, Doshi D, Reddy P, Kulkarni S, Reddy S. Awareness of Basic Life Support Among Staff and Students in a Dental School. J Contemp Dent Pract. 2013;14(3): 511-517.
3. Baisakhiya S, Dwivedi MB, Baisakhiya N. Awareness about basic life support among undergraduate interns of medical, dental, and physiotherapy College of Maharishi Markandeshwar University, Mullana, Ambala. Int J Med Sci Public Health 2017; 6(9):1398-1400.
4. Vinej S, Shenoy RP, Panchmal GS, Jodalli PS, Sonde L, Karkal R. Knowledge, attitude, and anxiety pertaining to basic life support and medical emergencies among dental interns in Mangalore City, India. World J Emerg Med, Vol. 2017; 8(2): 131-135
5. Kumar MPS. Knowledge and attitude regarding basic life support among

undergraduate dental students. Int. J. Pharm. Sci. Rev. Res. 2017; 42(2): 188-193
6. Sangamesh NC, Vidya KC, Pathi J, Singh A, Awareness, attitude and knowledge of basic life support among medical, dental, and nursing facilities and students in the University Hospital. J Int Soc Prevent communit Dent. 2017; 7: 161-7
7. Chandrasekaran S, Kumar S, Bhat SA, Saravanakumar, Shabbir PM, Chandrasekaran VP. Awareness of basic life support among medical, dental, nursing students, and doctors. Indian J Anaesth 2010; 54:121-6.
8. Irfan B. et.al. Current state of knowledge of basic life support in health professionals of the largest city in Pakistan: a cross-sectional study. BMC Health Serv. Res. 2019; 19:865-71
9. Baduni N, Prakash P, Srivastava D, Sanwal MK, Singh BP. Awareness of basic life support among dental practitioners. J. Maxillofac. Surg.2014; 5(1): 19-22
10. Abbas F. et al. Peers versus professional training of basic life support in Syria: a randomized controlled trial. BMC Med Educ. 2018; 18(142): 1-9
11. Shree Y, Kumar K, Ganapathy D. Awareness of basic life support among dental students. Drug Invent Today. 2019; 11(2): 40-43
12. Ghanem E. et al. Awareness of Basic Life Support among Egyptian Medical Students; a Cross-Sectional Study. Emergency. 2018; 6(1): e36.
13. Almesned A. et al. Basic life support knowledge of healthcare students and professionals in the Qassim University. Int J Health Sci. 2014; 8(2): 141-150
14. Ghrayeb FA, Amro NRN, Rahseed O, Yagi H, Amro R, Amro B. Knowledge and attitude of basic life support (BLS) among school teachers in Hebron, Palestine. Int J Res Med Sci 2017; 5:2477-82.
15. Goel S, Chaudhary G, Kaura S, Marria G. Knowledge and attitude towards basic life support in dental college. Indian J. Dent Sci. 2017; 9(2) 73-8
16. Vausedvan B, Lucas A, Devi GM, Bhaskar A, Areekal B. Assessment of the level of knowledge of basic life support algorithm among medical and nursing students in a tertiary care teaching hospital. Int J Community Med Public Health 2016; 3: 3520-5.
17. Narayan DPR, Biradar SV, Reddy MT, Sujatha BK. Assessment of knowledge and attitude about basic life support among dental interns and postgraduate students in Bangalore city, India. World J Emerg Med. 2015; 6(2): 118-122
18. Harvey, D., O'Brien, D., Moran, K., Webber, J. Knowledge and perceptions of cardiopulmonary resuscitation amongst New Zealand physiotherapists. NZ j. physiother. 2019; 47(2): 94-104.
19. Pepera G, Xanthos E, Lilios A, Xanthos T. Knowledge of cardiopulmonary resuscitation among Greek physiotherapists. Monaldi Arch Chest Dis. 2019; 89(3): 1124-28
20. Pandit R, Berry AK. Awareness, knowledge, and attitude about basic life support among interns of Maharashtra University of health science's affiliated physiotherapy colleges in Pune city: a questionnaire-based study. Int J Health Sci Res. 2020; 10(6):257-263.
21. Travers AH, Perkins GD, Berg RA, et al. Part 3: Adult Basic Life Support and Automated External Defibrillation: 2015 International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science with Treatment Recommendations. Circulation.2015;132 (16 Suppl 1):51-83.
22. Mbada CE, Hakeem BO, Adedoyin RA, Awotidebe TO, Okonji AM. Knowledge, attitude, and practice of cardiopulmonary resuscitation among Nigerian Physiotherapists. Jour Resp Cardiov Phy Ther. 2015; 2(2): 52-62
23. Wik L et.al, Quality of cardiopulmonary resuscitation during out-of-hospital cardiac arrest. JAMA. 2005; 293(3): 299-04
24. Zakarya M et.al. Assessment of Awareness of Basic Life Support among Doctors Practising in a Tertiary Care Hospital. Saudi J Nurs Health Care, 2020; 3(4): 125-131
25. Rajashekar S, Gowda NMR, Anthony A. Knowledge of basic life support among health care professionals in a tertiary care hospital in Chitradurga. Int J Community Med Public Health 2018; 5:3969-75.
26. Al-Shamiri HM, Al-Maweri SA, Shugaa AB, Alaizari NA, Hunaish A. Awareness of basic life support among Saudi dental students and interns. Eur J Dent 2017; 11:521-5.
27. Sharma R, Attar NR. Adult basic life support (BLS) awareness and knowledge among medical and dental interns completing

internship from Deemed University.2012; 2(3): 6-13
28. Sachdeva S. A study to assess knowledge and practice of basic life support among nurses working in tertiary care hospital, New Delhi, India. Nurse Care Open Acces J. 2020;7(2):48–52
29. Meena MK, Sharma SS. Effectiveness of educational program on knowledge and practice regarding basic and advanced cardiac life support (BLS & ACLS) among nursing officers in selected hospitals in Delhi. Indian J. Appl. Res. 2021; 11(4): 29-30
30. Roshana S, Batajoo KH, Piryani RM, and Sharma MW. Basic life support: knowledge and attitude of medical/paramedical professionals. World J Emerg Med. 2012; 3(2): 141–145.
31. Farrugia G, Demicoli P. An Evaluation of Maltese Radiographers' Awareness on Adult Basic Life Support Guidelines. IJPSM. 2016;1(1): 54-9
32. Alam T, Khattak YJ, Anwar M, and Khan AA. Basic Life Support: A Questionnaire Survey to Assess Proficiency of Radiologists and Radiology Residents in Managing Adult Life Support in Cardiopulmonary Arrest and Acute Anaphylactic Reaction. Emerg Med Int. 2014; 356967
33. Zaheer H, Haque Z. Awareness about BLS among medical students: status and requirements. J.Pak Med Assoc. 2009; (59(1): 57-9
34. Haveman CS et.al. Implementation of Basic life support training in schools: a randomized controlled trial evaluating self-regulated learning as an alternative training concept. BMC Public Health. 2020;20(1):50-8
35. Jarrah S, Judeh M, AbuRuz ME. Evaluation of public awareness, knowledge, and attitudes towards basic life support: a cross-sectional study. BMC Emerg Med. 2018;18(1):37-3
36. Pehlivan M, Mercan NC, Çinar I, Elmali F, Soyoz M. The evaluation of laypersons' awareness of basic life support at the university in Izmir. Turk J Emerg Med.;19(1):26-29

How to cite this article: Jujhar Singh Rana, Sutantar Singh, Kavita Kaushal, Simran Sharma, Sonam Kumari. Awareness, knowledge and attitude about BLS among physiotherapists of Bathinda, Punjab - a questionnaire-based survey. *Gal Int J Health Sci Res*. 2026; 11(2): 96-101. *DOI: https://doi.org/10.52403/gijhsr.20260212*

******