

## **Knowledge and factors associated with knowledge regarding basic life support among undergraduates in the science faculty of a selected state university in Colombo District**

R. S. Hameem<sup>1</sup>, M. R. F. Reema<sup>1</sup>, M. A. D. Rinoshika<sup>1</sup>, S. N. D. Rosa<sup>1</sup>,  
D. M. S. Jayawardena<sup>2</sup>

<sup>1</sup>*Faculty of Medicine, University of Colombo, Sri Lanka*

<sup>2</sup>*Department of Community Medicine, Faculty of Medicine, University of Colombo, Sri Lanka*

Basic Life Support (BLS) plays a critical role in improving outcomes during medical emergencies. Science undergraduates are well-positioned to learn BLS and promote its awareness among the public. However, their level of BLS knowledge remains inadequately studied. Hence, this study describes the knowledge and factors associated with knowledge regarding BLS among undergraduates in the science faculty of a selected state university in Colombo District. A descriptive cross-sectional study was conducted among 140 undergraduates from the science faculty of a selected state university in the Colombo District. Systematic sampling was used. Data were collected through a pre-tested, structured, self-administered questionnaire. Data were analyzed using SPSS version 20. A score below 5.95 out of 12 was categorized as 'poor' knowledge, while scores of 5.95 or above indicated 'good' knowledge. Factors were cross tabulated with the level of knowledge. Chi square test was used to assess the significance. The response rate was 90.7%. The majority (74.8%) had poor knowledge regarding BLS. Unresponsiveness and absence of pulse were identified correctly as the features of cardiac arrest by 52.8% and 44.1% respectively. Only 12.6% knew the correct chest compression to breath ratio, while 47.2% identified the correct chest compression site, and 15% were aware of the correct compression force. Of the study sample, 81.9% knew the 1990 ambulance service number correctly. A statistically significant association was observed between BLS knowledge and provinces ( $p=0.007$ ), employment status ( $p=0.001$ ) and previous BLS training ( $p=0.002$ ). Overall knowledge of BLS among participants was low. Targeted interventions should be implemented to enhance knowledge, with attention to the associated factors.

**Keywords:** *Basic life support, Knowledge, Factors, Undergraduates*