

Knowledge, Attitude and Practice on First Aid and Safety Measures Regarding Sports Related Injuries among School Athletes in Anuradhapura Educational Zone

LBL Prabodha^{1#} and DP Fonseka²

¹Department of Anatomy, Faculty of Medicine, University of Ruhuna, Sri Lanka

²Department of Nursing, Faculty of Allied Health Sciences, University of Ruhuna, Sri Lanka

#yashmikausikabsc@gmail.com

Improving the knowledge and attitudes of school children on first aid and safety measures and their practice is of great importance as it helps to prevent complications of injuries. The objective of the study is to assess the knowledge, attitudes and practice among school athletes in Anuradhapura educational zone on first aid and safety measures regarding sports related injuries. A descriptive cross sectional study conducted among school athletes in Anuradhapura Educational Zone. A sample of 168 students aged between 12- 17 years was selected for the study from schools in this zone. A self-administered questionnaire consisting of open ended and closed ended questions were distributed. There were 81 (48.2 %) females and 87 (51.8 %) males. Out of all subjects 52 (32.1 %) had previous exposure to first aid training. However, 33 (19.6 %) had more than 50 % satisfactory knowledge on basic first aid and safety measures. Nearly, 102 (60.71 %) had satisfactory knowledge regarding cool down exercises. All students had positive attitudes towards first aid and safety measures (mean \pm SD score 29.85 \pm 0.8521). Twelve (7.1 %) athletes had satisfactory knowledge regarding usage of bandage for fractures. There was a significant effect on previous first aid training with the practice of splint usage for fractured bone ($p = 0.048$). According to the results, the overall knowledge on first aid and practical protocol was poor in school athletes in Anuradhapura Educational Zone. They are willing to gain knowledge on first aid and its measures through school curriculum.

Keywords : First aid, Safety measures, Sports injuries