

Knowledge of Cardiopulmonary Resuscitation (CPR) among Physiotherapy Practitioners in Sri Lanka according to the European Resuscitation Council (ERC) Guidelines

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Physiotherapists, as healthcare professionals, are expected to be knowledgeable in performing CPR during emergencies. The objective is to evaluate the knowledge of CPR among physiotherapy practitioners in Sri Lanka according to the ERC Guidelines. A descriptive cross-sectional study was carried out with 418 registered physiotherapy practitioners working in public and private hospitals in Sri Lanka. A pretested, self-administered questionnaire consisting of 10 questions based on ERC Guidelines was distributed online as a Google form. Respondents' mean score for the knowledge questions was 5.87 ± 2.08 (range 1-10) exhibiting that more than half of the participants (63.6%) had a good to very good knowledge level of CPR. A notable 71.3% of the participants had prior CPR training, yet only 43% held a valid CPR certificate. Trained participants had shown a higher mean knowledge score (6.18 ± 1.76). Forty-two percent (42%) of participants had performed CPR previously, with a high success rate (58.5%) in reviving lives. However, 22.7% of them were untrained. There were statistically significant associations between higher CPR knowledge with public hospital employment ($p=0.04$, mean knowledge score= 6.03 ± 1.91), working in the ICU ($p<0.05$, mean knowledge score= 7.38 ± 1.12), and female gender ($p=0.01$, mean knowledge score= 6.10 ± 2.02). Physiotherapists who rated their CPR knowledge as effective had significantly the highest mean score ($p<0.01$ and mean knowledge score= 6.58 ± 1.34). The study concluded that the majority of physiotherapy practitioners in Sri Lanka have a good to very good level of knowledge of CPR according to the ERC guidelines. Higher CPR knowledge was significantly associated with participation in CPR training, public hospital employment, working in the ICU, and female gender. These findings imply the prioritization of CPR training and certification.

Keywords: *cardiopulmonary resuscitation, European Resuscitation Council guidelines, knowledge, physiotherapy practitioners, cardiac arrest*