

# Abstract

## Introduction

At a scene of cardiac arrest, medical personnel may not be present. It is important for the community to acquire knowledge and skills on Basic Life Support (BLS) in order to minimize morbidity and mortality. Empowering school students with same is an effective way to reach this objective. This study describes the present knowledge that students have received from various sources and recommends ways for improvement.

## Methodology

A descriptive cross sectional study was conducted in 5 selected schools located in Colombo district based on the maximum number of opportunities available to learn BLS. A total number of 1331 students in Grade 10 responded to a self administered questionnaire.

## Results

The maximum score for the questionnaire was 100 for which 681(51%) respondents scored less than 30 which was considered to be poor. Further, 616 (46%) scored between 30 and 60 which was rated average, and 34(3%) scored above 60 which was determined good. Average score of total respondents was 25.6 (poor)

## Discussion / Recommendations

The knowledge among students on BLS is unsatisfactory. The Ministry of Education could play a pivotal role to enhance the knowledge of BLS among students by including a separate new chapter on BLS, ideally placed as the 1<sup>st</sup> chapter in grade 10 Health Science curriculum, making Health Science a compulsory subject for grade 10 students, ensuring graduating school teachers of health are able to demonstrate and teach BLS.

Further, College of Physicians, Surgeons, Paediatricians, Anaesthesiologists and Community Physicians together with St. Johns Ambulance brigade and Sri Lanka Red Cross societies could conduct BLS workshops in schools to empower teachers and students with BLS knowledge and skill. Health educational programs through print and electronic media on BLS could also help to educate the masses.