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Study on First Aid and Cardiopulmonary Resuscitation (CPR) Knowledge Among Therapists in the Rehabilitation GYM

Topic: Infrastructure and Resources

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BACKGROUND

To assess the level of knowledge and training in first aid and CPR among healthcare staff working in the Rehabilitation gyms of our hospital center, identifying areas for educational improvement. Cross-sectional descriptive study.

METHODS

A structured survey was conducted using REDCap, targeting physiotherapists, occupational therapists, speech therapists, and assistants. The survey evaluated prior training, knowledge in handling potential emergencies (through various clinical scenarios), and perceptions about the need for ongoing training. Data were analyzed using descriptive statistics and qualitative analysis.

RESULTS

A total of 56 therapists participated (45 physiotherapists, 6 occupational therapists, 4 speech therapists, and 1 assistant). Of these, 78.2% (n = 43) had over 16 years of professional experience. 87.5% of respondents reported having taken a CPR course, with the most recent training predominantly occurring between 2018 and 2024. However, only 47.3% of respondents (n = 26) had taken a first aid course. 40% of respondents (n = 22) reported having had to manage an emergency in the gym during their professional career. In the clinical scenario-based questions, gaps in training were observed in handling some of the most common emergencies in a Rehabilitation gym setting, with variability depending on prior experience and training. Differences between professional categories were not significant due to the small sample size. Respondents emphasized the importance of more uniform and continuous training in first aid and CPR.

CONCLUSION

The results suggest a need for specific and regular training programs to optimize staff response in such situations, contributing to patient safety.

Statement of Disclosures

None

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