

STUDY ON FIRST AID AND CARDIOPULMONARY RESUSCITATION (CPR) KNOWLEDGE AMONG THERAPISTS IN THE REHABILITATION GYM

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Background and Aims

Therapy areas within Physical and Rehabilitation Medicine (PRM) departments involve patients with significant comorbidities, increasing the risk of medical emergencies. Adequate training in cardiopulmonary resuscitation (CPR) and first aid is essential to ensure prompt and effective responses by healthcare professionals. This study aimed to assess the theoretical knowledge and perceived preparedness for emergency situations among rehabilitation staff, including physiotherapists, occupational therapists, speech therapists, and support staff.

Methods

A cross-sectional descriptive study was conducted through a structured survey administered to PRM staff working in the rehabilitation gyms of Hospital General Universitario Gregorio Marañón. The survey collected sociodemographic data, professional experience, training background in CPR and first aid, theoretical knowledge through clinical scenarios, and self-perceived readiness to handle emergencies. Descriptive and comparative analyses were performed using non-parametric statistical tests.

Results

Out of 86 invited professionals, 57 completed the survey (response rate: 66.3%). While 87.5% had received CPR training, only 47.3% had completed a first aid course. Merely 14.5% considered their training sufficient. Those who completed both CPR and first aid courses scored significantly higher in the knowledge test (mean 7.05/10) compared to those without training (5.05/10; $p = 0.03$). Physiotherapists outperformed other professional groups ($p = 0.001$). Self-perceived preparedness was reported by only 27.3%, but this group had significantly higher knowledge scores ($p = 0.011$). Almost all participants demanded regular training, with a recommended update frequency of approximately 2.3 years.

Conclusion

Combined training in CPR and first aid is associated with higher theoretical knowledge and greater self-confidence in emergency management. Despite extensive clinical experience, most professionals felt inadequately trained. The findings highlight the need for structured, accredited, and regularly updated training programs tailored to the rehabilitation setting, as well as specific emergency protocols to enhance patient safety and professional response capacity.

Keywords: Cardiopulmonary, Resuscitation, First, Aid, Emergency