

Knowledge, Attitude and Training towards First Aid Management among Developmental Athletes in Bhubaneswar: A Descriptive Study

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ABSTRACT

Introduction: In most sports-related injuries, timely and effective first aid can reduce the risk of death to less than 60%. However, many training centres, schools, and grassroots sports academies lack designated medical personnel, well-equipped first aid kits, and formal injury management protocols. As a result, the responsibility for managing emergencies often falls on coaches, teachers, or teammates, most of whom are not adequately trained in first aid.

Aim: To assess collegiate athletes' knowledge, attitudes, and training related to first aid management.

Materials and Methods: This was an online survey-based study conducted among collegiate athletes from the Abhinav Bindra Sports Institute using Google Forms. A structured, self-reported questionnaire based on a 2-point Likert scale was distributed to 250 athletes aged 19–25 years, of whom 118 were female and 132 were male. A total of 206 completed responses were received. The collected data were analysed using Microsoft Excel.

Results: After scrutiny of the response, a total of 206 (116 female and 90 male) responses were recorded, yielding a response rate of 82%. The mean scores of the Knowledge, Attitude, and Training (KAT) questionnaire (maximum score: 15) were 12.6, 9.3, and 9.7, respectively. The results showed that 62% of athletes had knowledge of Cardiopulmonary Resuscitation (CPR), while the highest level of knowledge was observed in heat-related emergency management (90%).

Moderate levels of knowledge and attitude were noted regarding bleeding and wound management among collegiate athletes.

Conclusion: The findings of this study indicate that collegiate athletes demonstrate good knowledge of first aid management; however, comparatively poor responses were observed in the domains of attitude and formal training.

Keywords: Cardiopulmonary resuscitation, Emergencies, Self-report.

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