

VOLUME 40, NUMBER 7

July 2023

ISSN 0189 - 160X

WAJMJ

WEST AFRICAN JOURNAL OF MEDICINE

ORIGINALITY AND EXCELLENCE IN MEDICINE AND SURGERY



OFFICIAL PUBLICATION OF
THE WEST AFRICAN COLLEGE OF PHYSICIANS *AND*
WEST AFRICAN COLLEGE OF SURGEONS



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High-Impact Medical Education in Basic Life Support: A Comparative Study of Doctors and Medical Students in a Tertiary Hospital

Formation Médicale à Fort Impact en Matière de Réanimation : Étude Comparative Entre Médecins et Étudiants en Médecine dans un Hôpital Tertiaire

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ABSTRACT

INTRODUCTION: Although very crucial in medicine, mastery of cardiopulmonary resuscitation remains poor in many low-and-medium income countries (LMICs) due mainly to the lack of readily accessible training facilities and expertise.

SUBJECTS AND METHODS: The current study was aimed at evaluating the knowledge of Basic Life Support (BLS) among senior-level medical students and doctors in Nigeria, as well as to evaluate the value of a video teaching method in improving the knowledge base of BLS. It was a two-cohort prospective study carried out over a duration of one month.

Each group of participants had an initial assessment of their knowledge of Basic Life Support using a questionnaire. Thereafter, the 45-minute CHEMPIONS-BLS video was projected. On completion of the video session, the same questionnaire was again administered to each group of participants. This was followed by a practical, hands-on workshop at the skills laboratory. Data was collected using the questionnaires and comparisons were made between the pre-and post-test responses.

RESULTS: Seventy-five medical students and 41 doctors were enrolled into this study. Overall, their knowledge of BLS and their exposure to previous BLS training were poor, but there was a significant improvement in the mean scores, and the overall performance after viewing the video just one time; $t = 27.30$, $p = .000$ and $\chi^2 = 116.01$; $p = .000$ respectively.

CONCLUSION: This study reveals poor knowledge and exposure to basic life support training among both medical students and practicing doctors. It further reveals the value of a novel training method in improving BLS knowledge. **WAJM 2023; 40(7): 697–703.**

Keywords: Basic life support (BLS), Cardiopulmonary resuscitation (CPR), Medical education, Out-of-hospital cardiac arrest (OHCA), Post-COVID education, Irrua Specialist Teaching Hospital (ISTH) Nigeria.

RÉSUMÉ

INTRODUCTION: Bien que cruciale en médecine, la maîtrise de la réanimation cardio-pulmonaire reste faible dans de nombreux pays à revenu faible et moyen (PRFM), principalement en raison du manque d'infrastructures de formation et d'expertise facilement accessibles.

SUJETS ET MÉTHODES: La présente étude visait à évaluer les connaissances en matière de réanimation cardio-pulmonaire de base (Basic Life Support - BLS) parmi les étudiants en médecine et les médecins au Nigeria, ainsi qu'à évaluer la valeur d'une méthode d'enseignement par vidéo pour améliorer la base de connaissances en BLS. Il s'agissait d'une étude prospective à deux cohortes menée sur une durée d'un mois.

Chaque groupe de participants a fait l'objet d'une évaluation initiale de ses connaissances en matière de réanimation cardio-pulmonaire à l'aide d'un questionnaire. Ensuite, la vidéo CHEMPIONS-BLS de 45 minutes a été projetée. À l'issue de la séance vidéo, le même questionnaire a été administré à chaque groupe de participants. Cette séance a été suivie d'un atelier pratique au laboratoire de compétences. Les données ont été collectées à l'aide des questionnaires et des comparaisons ont été faites entre les réponses avant et après le test.

RÉSULTATS: Soixante-quinze étudiants en médecine et 41 médecins ont participé à cette étude. Dans l'ensemble, leur connaissance du BLS et leur exposition à une formation BLS antérieure étaient faibles, mais il y a eu une amélioration significative des scores moyens et de la performance globale après avoir visionné la vidéo une seule fois ; $t = 27,30$, $p = .000$ et $\chi^2 = 116,01$; $p = .000$ respectivement.

CONCLUSION: Cette étude révèle que les étudiants en médecine et les médecins en exercice ont une connaissance et une exposition insuffisantes à la formation aux soins de base en réanimation. Elle révèle également l'intérêt d'une nouvelle méthode de formation pour améliorer les connaissances en matière de BLS. **WAJM 2023; 40(7): 697–703.**

Mots clés: Soins de base en réanimation (BLS), Réanimation cardio-pulmonaire (RCP), Éducation médicale, Arrêt cardiaque extra-hospitalier (OHCA), Formation post-COVID, Formation médicale continue (FMC), Hôpital universitaire spécialisé d'Irrua (ISTH), Le Nigeria.

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Abbreviations: AAU, Ambrose Alli University; BLS, Basic Life Support; CHEMPIONS, Children Emergency Medicine Pioneers; CME, Continuing Medical Education; CPR, Cardiopulmonary Resuscitation; ISTH, Irrua Specialist Teaching Hospital; LMICs, Low-and-Middle Income Countries.