



## Awareness Level of First Aid in General Population, Karachi Pakistan: A Survey Report

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### Abstract:

*First aid provides initial and local on spot care for certain illness and injury. First aid is usually provided by non-expert but trained personnel, to a sick or injured person till he/she gets proper medical treatment. In this study was conducted to assess the level of awareness among the general population of Karachi, the most populous metropolitan city of Pakistan. The age group for the study was between 20-40 years with a ratio 63.3% were males and 36.6% females. The participants of this study belonged to various professions including; students, lawyers, bankers, housewives, teachers, doctors and others. Only the 25% were graduates. Our results revealed that 88.8% were aware of the term first aid. Majority 42.9% of them reported that they basically got the information from homes. The 82% participants responded that the first aid was used in routine injuries. The 80.5% of participants agree that lay man can provide first aid services, while 90.77% agreed that a first aid kit should be in reach of anyone. The 80% people had an idea that we prepare first aid kit on the other side 90.3% participants responded that first aid training should be included in school curriculum. In the light of our findings we concluded that the majority of people in Karachi had a high level of awareness regarding first aid yet, we also found that there were certain misconceptions among general public that ought to be resolved for better, satisfactory and confident implementation of first aid treatment effectively in all spheres of life.*

### KEYWORDS:

First Aid, Illness, injury, Medical treatment, Population.

### INTRODUCTION:

First Aid is actually the assistance provided immediately to an injured or sick person in times of urgent medical need<sup>1</sup>. Aid is usually done by non-expert, but trained personnel till proper medical treatment can be reached. However, certain illnesses or minor injuries may not require further medical care as they are self-limiting<sup>2</sup>. If we look into Islamic literature it can be seen that the wives of the Holy Prophet and the other Muslim women used to give first aid to the wounded and fetched water to the thirsty at the battle-field. Historically, recorded first aid was provided by religious knights, such as Knights Hospitaller which was formed in the 11th century suggested ways to treat common battlefield injured. However during Middle

Ages no organized first aid societies were seen until Jean-Henri Dunant organized a local villager in 1859 helped victims of battle and provided first aid<sup>3</sup>. The first time, a surgeon Shepherd coined a term first aid and also later formatted the course curriculum to teach it<sup>4</sup>. There are three aims of first aid training; to preserve life, to prevent further harm (prevent the condition from worsening) and to promote recovery<sup>5</sup>. Red Cross was the first internationally established first aid society which was established due to the contribution of 4 nations in Geneva<sup>6</sup>. Today Red cross is the major organization committed to first aid work in battle struck or in regions where natural calamity had occurred<sup>4</sup>. Pakistan Red Crescent Society, renowned organization for first aid services has been providing first aid related services in Sindh, Punjab and the North West Frontier Province for many years<sup>7</sup>.

Our country Pakistan has seen four major battles with neighboring country and has been the victim of various natural disasters 8-12 in number. Hence the necessity of first aid services has always been there in Pakistan. However in spite of its importance no survey had been reported to show the level of first aid awareness in our public. This survey is the first survey conducted in Pakistan to evaluate the level of awareness among general people regarding first aid.

#### METHODOLOGY

This is a cross-sectional survey based upon 20 close and open ended questions in the questionnaire, after selecting the educated or high class individuals in cosmopolitan city of Karachi-Pakistan conducted during the period of January-February 2012. A special care was taken in designing questionnaire in a simple and easy terminology. Questionnaire was filled from 300 randomly selected people irrespective of age and gender.

#### RESULT AND DISCUSSION

##### Gender wise distribution

In this survey the 190 (63.3%) participants were males and 110 (36.6%) females (Figure 1).

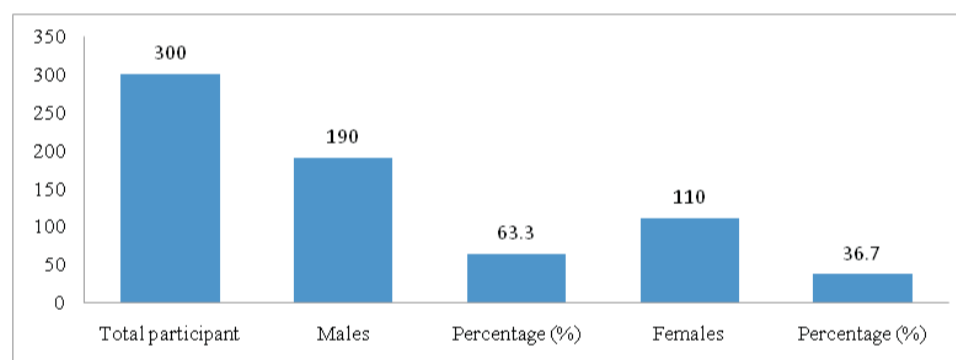
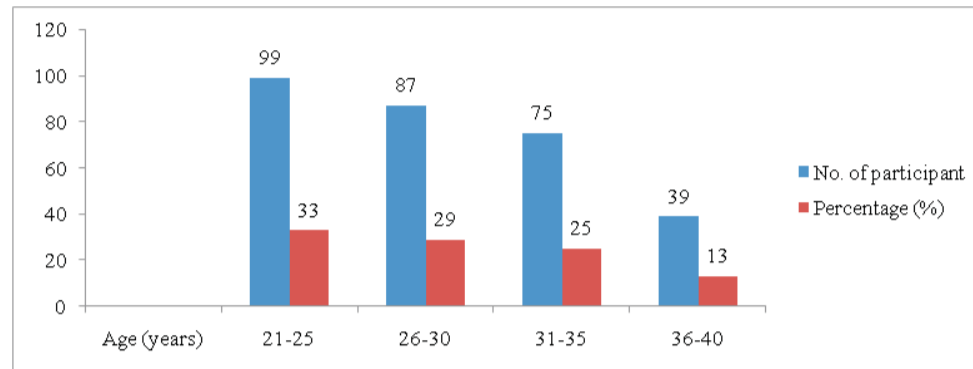


Figure 1: Distribution of males and females participant

##### Age wise distribution

All the participants belonged to different age groups. For instance 99 (33%) of participants were from 21-25 years, 87 (29%) from 26-30 years, 75 (25%) from 31-35 years and 39 (13%) from 36-40 years (Figure 1).

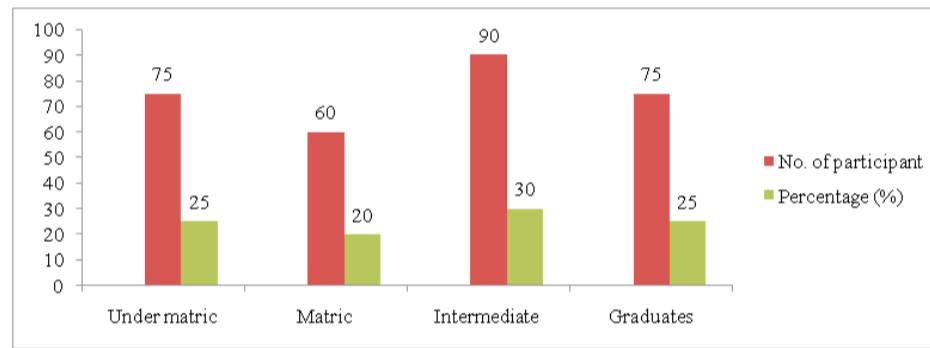
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**Figure 2: Age wise distribution of the participant**

**Qualification of the participants**

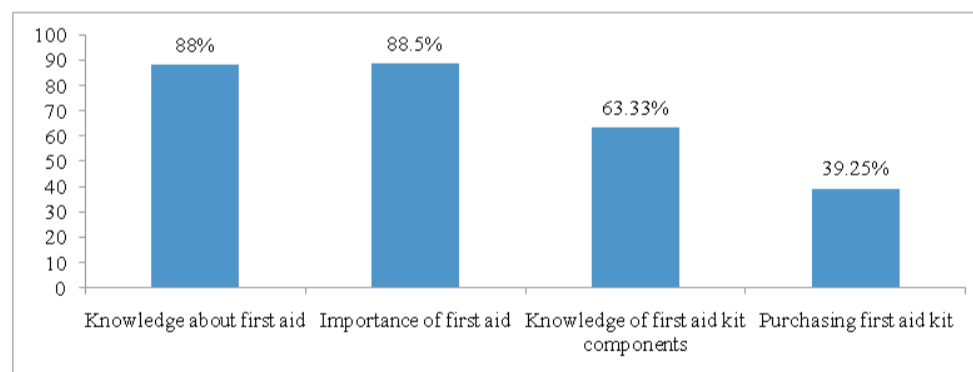
Our results indicate that 75 (25%) participant were under matriculate, 60 (20%) were matriculate, 90 (30%) were intermediate while 75 (25%) were graduates (Figure 3).



**Figure 3: Information about qualification of the participants involved in this survey**

**Knowledge of participant about First aid**

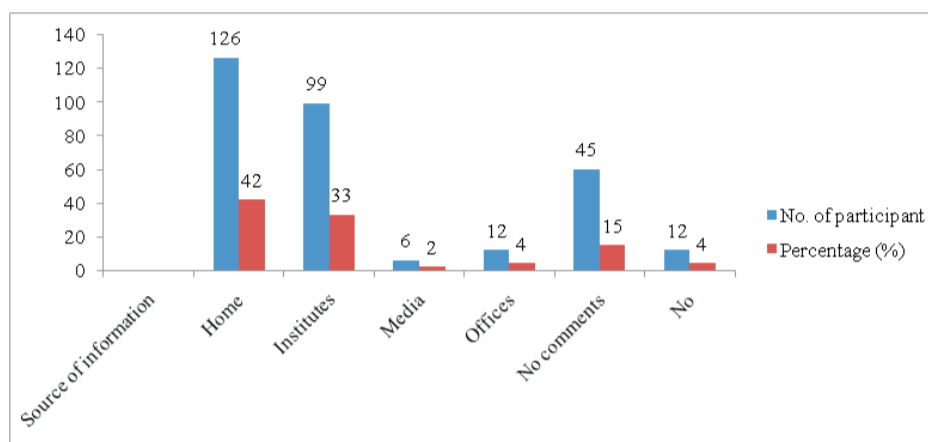
It can be inferred from figure 4 that the level of awareness was 88% which is a satisfactory value. It also shows that 88.5% of people in Karachi are aware of the importance of first aid. Furthermore it shows that 63.3% of the survey subjects were informed of the first aid kit component while 39.3% are shown to had purchased first aid kit.



**Figure 4: Knowledge of participant about first aid involved in this survey**

**Source of information about First aid**

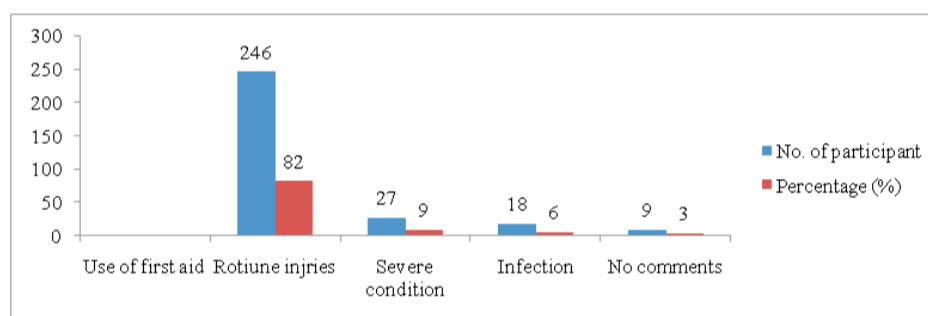
Our result also shows that the sources of knowledge about first aid kit were home 126 (42%) followed by institutes 99 (33%), no comments 45 (15%), offices 12 (4%), not known 12 (4%) and media 6 (2%) as shown in figure 5.



**Figure 5: Source of information about first aid**

**First aid application**

The majority of the participant 246 (82%) responded that the first aid was used in routine injuries, while the 27 (9%) answer that it can use in severe condition. On the other hand 18 (6%) respond that it used in infection, the 9 (3%) have no idea about the use of first aid (Figure 6).

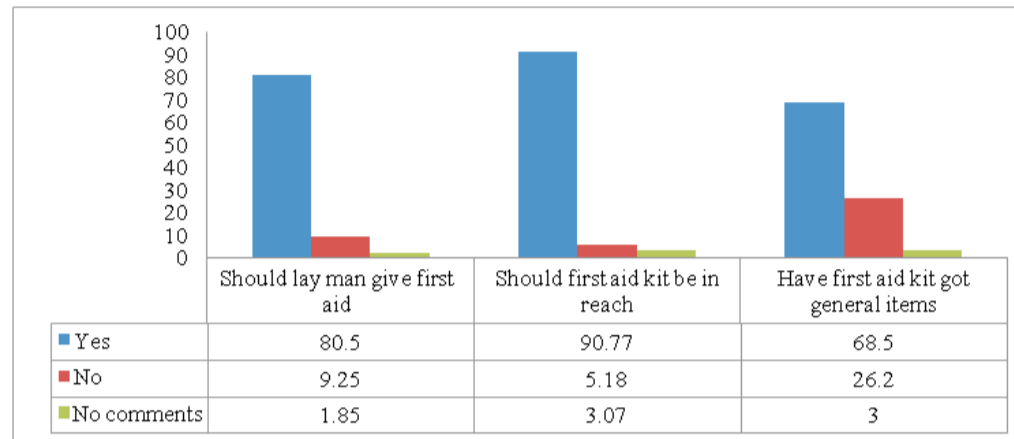


**Figure 6: First aid application in different condition**

**General information about First aid**

It was found that 80.5% of participants were responded that lay man can provide first aid services to a person who needs them. 68.5% also agreed that first aid kit contains general items. While 90.77% agreed that a first aid kit should be in reach of anyone who requires it.

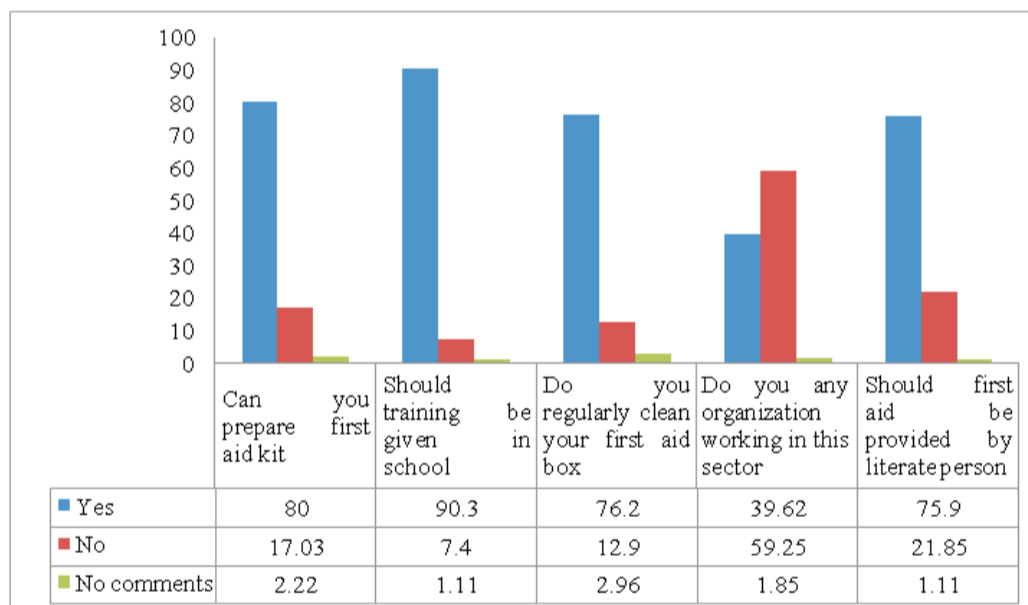
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**Figure 7: General information about First aid**

**Idea of preparation of First aid kit**

The results of this survey shows that the 80% people had an idea that we prepare first aid kit, 90.3% people commented that first aid training should be included in school curriculum. The 76.2% people were found to have regularly cleaned their first aid boxes. Only 39.62% people know about organization working in this sector while the 75.9% were agreed that it is not necessary that first aid provider should be literate.



**Figure 8: To know about idea of preparation of first aid kit**

**CONCLUSION**

In this survey, we have gathered the information of Karachi regarding the first aid. Despite of the fact that being the populous city of Pakistan, a city of literate people, they were found just aware with the word of first aid, but having sufficient training and clear concept of about its proper applications in various walk of our society. Such surveys ought to be conducted not only on regular periodic basis to determine the level of awareness among mass but also serve as a driven force for general public-parents, students, labors, office works of both genders to get proper training also to apply them confidently.

#### ACKNOWLEDGEMENT

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