

Assessing Cardiopulmonary Resuscitation Knowledge, Attitudes, and Practices Among Nurses in Palestine

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Cardiopulmonary resuscitation (CPR) is a critical emergency technique used in cases of cardiac arrest or respiratory failure. This study aims to assess the knowledge, attitudes, and practices related to CPR among nurses working in hospitals in southern Palestine. A cross-sectional study was conducted on 157 nurses across 6 hospitals. Data were collected using a self-administered questionnaire composed of 4 sections: sociodemographic information, knowledge, attitudes, and practices of nurses toward CPR. The analysis revealed that 49% of the participants have moderate knowledge, while 29.9% had low knowledge. Also, 54.8% of the participants demonstrated positive attitudes, while 36.9% had fair attitudes. In terms of practice, 42.0% exhibited fair practice, and 38.9% had good practice. The results also showed no statistically significant differences between nurses' sociodemographic characteristics and their levels of knowledge, attitudes, and practice regarding CPR. The findings indicate that while nurses generally exhibit positive attitudes toward CPR, their levels of knowledge and practice vary. This article highlights the need for enhanced training programs to improve CPR competency. **Key words:** *attitude, cardiopulmonary resuscitation, knowledge, practice*

BACKGROUND

Cardiopulmonary resuscitation (CPR) is a vital emergency procedure used in cases of cardiac arrest or respiratory failure. Its primary objective is to maintain blood circulation and oxygen delivery to vital organs, especially the brain and heart, until advanced medical care becomes available.¹

Cardiovascular diseases are a leading cause of global mortality, accounting for approximately 43% of all deaths.² Cardiac arrest, which involves the sudden cessation of heart function, can result in irreversible brain damage within minutes. It is a significant health issue, responsible for an estimated 15% to 20% of all deaths.³ Both developed and developing countries face high rates of cardiac arrest, contributing substantially to cardiovascular morbidity and mortality.⁴ Due to its rapid onset, the prompt administration of CPR is critical in

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