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## EDITORIAL

### CPR Awareness Program Conducted by NBEMS for the Nation

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Elaborating on the National Board of Examinations in Medical Sciences' (NBEMS) commitment to societal welfare, the CPR Awareness Program conducted on December 6th, 2023, at 09:30 am across the nation represents a significant stride towards bolstering public health preparedness and community resilience. By organizing this comprehensive initiative, NBEMS aims to address a crucial gap in emergency response capabilities by equipping thousands of youths and non-medical personnel with the necessary skills and knowledge to effectively administer CPR.

The overarching goal of the CPR Awareness Program is twofold - firstly, to raise widespread awareness about the importance of CPR in saving lives during cardiac emergencies, and secondly, to provide practical training to participants, thereby empowering them to respond swiftly and competently in critical situations.

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### ***The rising trends of heart disease in India***

COVID-19 is known to affect multiple organ systems, including the cardiovascular system. Complications such as myocarditis (inflammation of the heart muscle), arrhythmias, and blood clotting issues can arise during or after a COVID-19 infection. These complications can predispose individuals to long-term heart problems, potentially leading to an increased incidence of heart disease post-pandemic.

Perhaps most concerning is the demographic most affected by these accidents. Over 60% of the victims are young individuals, aged between 18 and 35 years old. This not only highlights the tragic loss of life but also the impact on the future of the nation, as young people are disproportionately affected by these preventable incidents.

In response to these distressing statistics, the government has set an ambitious target to halve the number of

road accidents by 2030. This goal reflects a commitment to improving road safety and protecting the lives of citizens.

CPR (Cardiopulmonary Resuscitation) is not only crucial in response to cardiac arrests but also plays a significant role in providing emergency care for individuals involved in road accidents.

Apart from road accidents, trauma and other emergency, in-house heart attacks can be sudden and life-threatening emergencies, highlighting the crucial importance of prompt action, including the application of CPR (Cardiopulmonary Resuscitation) techniques. CPR plays a vital role in maintaining blood flow and oxygenation to the vital organs, particularly the brain until professional medical help arrives.

### ***The importance of the CPR awareness and training program***

In the critical moments following a heart attack, every second counts. CPR allows bystanders to take immediate action, providing essential care while waiting for emergency medical services to arrive. Starting CPR promptly can significantly increase the chances of survival. During a heart attack, the heart's ability to pump blood effectively may be compromised. CPR helps maintain circulation by manually compressing the chest, thereby delivering oxygen-rich blood to vital organs such as the brain and heart muscle. This circulation is crucial for preventing permanent damage and increasing the likelihood of recovery.

The National Board of Examinations (NBE) has taken the initiative to conduct a live demonstration of CPR (Cardiopulmonary Resuscitation) techniques & coupled with educational

programs, it is of paramount importance. A brief description in images is given in the article by Sheth et al. [1].

In our recent CPR Awareness Program held on December 6th, 2023, we observed a commendable trend in participant demographics. Notably, out of the total attendees, a significant majority of 70,754 individuals, constituting 62.3%, were females. This statistic is a testament to the proactive engagement of women in recognizing the importance of CPR skills during emergencies. It also reflects the success of our targeted outreach initiatives tailored to promote awareness and participation among female demographics.

Similarly, we had 42,726 male participants, comprising 37.6% of the total attendees. Although slightly lower in number compared to females, the substantial presence of male participants underscores the universal relevance of CPR training across gender boundaries. It reaffirms the inclusivity of our program, welcoming individuals from all gender identities to engage and contribute to community health initiatives.

Furthermore, it is noteworthy, that, the NBEMS program also saw the attendance of 15 transgender individuals, representing a small yet significant fraction of 0.01% of the total participants. This inclusivity demonstrates NBEMS's unwavering commitment to diversity and ensuring that individuals from all walks of life have equitable access to life-saving skills, regardless of gender identity.

### ***Education-based interpretation of outcome***

The breakdown of participants based on their educational qualifications in the CPR awareness program provides

valuable insights into the demographics and educational backgrounds of the attendees. This analysis sheds light on the diverse representation of individuals with varying levels of educational attainment, each contributing to the collective effort to promote CPR awareness and preparedness within their communities.

Among the total participants, 2,532 individuals, comprising 2.2% of the attendees, held above post-graduate qualifications. This cohort likely includes individuals with advanced degrees such as master's or doctoral degrees, who bring a depth of knowledge and expertise to the program. Their participation underscores the importance of continued education and professional development in the healthcare domain, as well as their dedication to enhancing their skill set to better serve their communities.

The largest contingent of participants, **numbering 78,865 individuals, accounted for 69.5% of the total attendees, indicating that they were pursuing undergraduate qualifications at the time of the program.** This substantial representation underscores the program's success in engaging young adults and students, who are often eager to acquire practical skills and make meaningful contributions to their communities. Their active involvement in the CPR awareness program highlights the potential for cultivating a generation of informed and empowered individuals capable of responding effectively to emergencies.

This analysis highlights the diverse range of institutions and their respective contributions to the program, underscoring

the collective commitment to enhancing public health awareness and equipping individuals with life-saving skills.

**The largest segment of participants comprised students, with 84,151 institutions represented, accounting for a significant 74.1% of the total.** This high level of student engagement reflects the program's appeal to the next generation of healthcare professionals and underscores the importance of early exposure to essential skills like CPR during their education and training.

#### ***CPR awareness program – post-demonstration quiz***

After the CPR program's demonstration, a post-demonstration quiz was administered to gauge participants' perceptions of the program's effectiveness & the results are reproduced in the article by Sheth et al. [1].

#### **Conflicts of interest**

The authors declares that they do not have conflict of interest.

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#### **Reference**

1. A. Sheth, M. Bajpai, R. Sharma et al. Empowering Communities: NBEMS's Nationwide Cardio-Pulmonary Resuscitation Awareness Program. Natl. Board Exam. J. Med. Sci. 2024;2(4):289-298: DOI:10.61770/NBEJMS.2024.v02.i04.002