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# Factors influencing the knowledge and perceptions of Senior High School Students on Basic Life Support in the Asuogyaman District, Ghana: A Cross-Sectional Study

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**Background**

In Ghana, cardiovascular disease burden is on the rise, which increases cardiac arrests and other related cardiovascular emergencies. Basic life support (BLS) skills, including cardiopulmonary resuscitation (CPR), are crucial in the early minutes before reporting to the hospital, as they significantly increase survival rates. Despite the need for rapid emergency response, BLS competence is low among the general population, particularly among senior high school students. This study sought to evaluate knowledge and perceptions of BLS training in Ghana to help implement measures and inform policies to integrate such training into the senior high school curriculum.

**Methods**

The study was a quantitative cross-sectional study among students in selected senior high schools in the Asuogyaman District. Ethical approval, permissions and informed consent were obtained. The sample size was 254 students selected at random and a structured closed and open-ended questionnaire was used to collect data. Data obtained were analysed using Statistical Package for the Social Sciences (SPSS) version 27 and Microsoft Excel 2016, applying descriptive statistics and one-sample t-tests ($p < 0.05$).

**Results**

40.6% of participants had never heard of Basic Life Support (BLS), while 59.4% had heard of it, primarily through TV and the Internet rather than from highly credible sources such as a recognised BLS trainer. A vast majority (85.4%) considered BLS training very important, and 86.2% were willing to participate if offered as part of their school curriculum. Most participants (94.5%) believed BLS knowledge is valuable for their future careers and an important life skill. 90.9% supported integrating widespread BLS education into school systems. These findings emphasise the strong need for accessible and mandatory BLS training programmes to enhance emergency preparedness.

**Conclusion**

This study underscores the importance of integrating basic life support as a must-have competency in the senior high school curriculum to improve survival rates of cardiovascular emergency patients. Structured interventions, awareness creation and school-based training could significantly improve preparedness to act in emergencies, particularly in students, ultimately reducing preventable mortality from sudden cardiac arrest.