

ENHANCING BASIC LIFE SUPPORT AWARENESS THROUGH COMPREHENSIVE RESCUE TRAINING AMONG CONSTITUENTS OF BARANGAY TANDANG SORA QUEZON CITY

ABSTRACT

AUTHORS

Joshua Araneta
Eunard James Gaisen
Reynaldo Ignacio
Jayvee Pidlaoan
Alvin Sensi

RESEARCH ADVISER

Edgar A. Reyes, MPA

AFFILIATION

Bestlink College of the
Philippines

DISCIPLINE

Criminology

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Barangay Tandang Sora in Quezon City is a densely populated community that faces the constant risk of medical emergencies requiring immediate response. In such situations, the ability of residents to perform Basic Life Support (BLS) can make the difference between life and death. However, limited awareness and lack of proper training hinder effective community response. This study aims to enhance BLS awareness through the implementation of a comprehensive rescue training program among constituents of Barangay Tandang Sora. The initiative is intended to improve the preparedness of residents by equipping them with life-saving knowledge and skills essential for managing emergency situations. This study adopts a descriptive quantitative research design to assess the effectiveness of a comprehensive rescue training program in enhancing BLS awareness. The researchers use a structured survey questionnaire as the primary instrument for data collection, which is administered to selected residents of Barangay Tandang Sora through purposive sampling. The questionnaire is validated by experts and focuses on evaluating participants' understanding, skills, and attitudes related to BLS. The data are organized, tabulated, and analyzed using appropriate statistical tools to draw relevant conclusions about the impact of the training intervention. The findings indicate that the BLS training program positively influenced the knowledge and readiness of the participants. The data reveal improvements in the participants' ability to recognize emergencies, perform CPR, and use basic first aid techniques. The analysis also shows enhanced confidence and willingness among residents to assist during medical crises. These results suggest that structured and practical rescue training significantly contributes to public awareness and emergency response capabilities. The results of the study highlight the importance of community-based training programs in enhancing BLS awareness and preparedness. The comprehensive rescue training initiative effectively improved the participants' knowledge, skills, and attitudes toward emergency response. The findings underscore the need for continuous education and practical simulations to sustain public safety efforts. By empowering residents with essential life-saving techniques, the barangay can foster a culture of readiness, resilience, and proactive involvement during emergencies.

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