
Trauma Care for Everyone: STOP THE BLEED

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The focus of this presentation is:

- Understand the importance of immediate intervention for bleeding patients
- Introduce you to interventions that can save lives of bleeding victims
- Recognize the education available for first responders and the general public for bleeding control
- Identify resources for education opportunities



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Stop the Bleed Campaign



The Hartford
Consensus



The American
College of
Surgeons
Committee on
Trauma



The Committee
on Tactical
Combat
Casualty Care



The
National
Association
of
Emergency
Medical
Technicians



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What causes life-threatening bleeding?

- Mass Casualty Incidents
 - Shootings, bombings, etc
- Everyday injuries
 - MVC
 - Home injury
 - Work-related injury
 - Farming injury



Life Threatening Bleeding

- Blood spurting out of a wound
- Bleeding that is soaking clothing or dressings
- Bleeding that is causing pooling
- Severed or partially severed limb
- Bleeding victim that becomes confused or gone unconscious



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ABCs of Bleeding

- Alert
- Bleeding-Find it!
- Compress
 - Apply direct pressure with both hands using clean cloth or gauze, or
 - Apply a tourniquet, or
 - Pack the wound



Direct Pressure

- Any wound can benefit from direct pressure
- Use BOTH hands if able
- Use gauze if you have it
 - Anything works if you don't! (The cleaner the better)
- Don't release pressure



Tourniquets-General Info

- Can be used on arms and legs only!
- Stops the flow of blood to that limb
- Do not need to remove clothing
 - Make sure to remove anything bulky if possible (items in pockets, or anything that could interfere with the tourniquet)
- Do not apply to knee or elbow joints



<http://www.combattourniquet.com>



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Tourniquets-Application

- Place 2 to 3 inches above the wound (closer to the body from the wound)
- Wrap band around extremity, adhere band to itself
- Twist windlass rod (tighten the tourniquet) until bleeding stops
 - If you cannot get bleeding to stop with one tourniquet, apply a second above the first one
 - If you do not have a second tourniquet, apply direct pressure over wound

Tourniquets-Application (cont)

- Adhere remaining band over the rod and through the clip
- Secure band and rod with the windlass strap
 - Document application time here if able

Tourniquets

- Homemade tourniquets
 - Less effective
 - Harder to apply
 - Work as a last resort
- Tourniquets HURT!!
 - If victim reports pain with tourniquet application it doesn't mean it is on wrong or that you should take it off!

Tourniquets

- These can be left in place safely for up to 2 hours
 - DON'T DELAY TRANSPORT BECAUSE BLEEDING IS STOPPED BY A TOURNIQUET
- No known limb amputations caused by appropriate tourniquet use.

Tourniquets

- These can be left in place safely for up to 2 hours
 - DON'T DELAY TRANSPORT BECAUSE BLEEDING IS STOPPED BY A TOURNIQUET
- No known limb amputations caused by appropriate tourniquet use.
- DO NOT LOOSEN A TOURNIQUET AFTER APPLYING!

Wound Packing-General Info

- Used if direct pressure ineffective or if tourniquet is not appropriate (torso, neck, groin, shoulder)
- Use
 - Hemostatic dressing, OR
 - Gauze, OR
 - Clean cloth

Wound Packing-Application

- Expose wound
- Remove pooled blood
 - Don't disrupt clots if they've formed
- Look for source of bleeding
- Pack the wound
 - Stuff material into wound, making contact with bleeding source if possible
 - Continue to pack more material in wound if bleeding resumes or is not stopped, maintaining direct pressure
- Hold direct pressure on packing until EMS responds

What can you do?

- Educate yourself and your partners
- Spread the word about this campaign
- Think outside the box
 - Civic groups
 - Sporting groups
 - Your neighbor that farms

Contact Info

- Contact Melissa Hjelle, Injury Prevention Specialist, St. Cloud Hospital Trauma Services for more information or to schedule a Stop the Bleed: Bleeding Control Basic Class

HjelleM@centracare.com

320-251-2700 Ext 52574

- Visit [**www.bleedingcontrol.org**](http://www.bleedingcontrol.org) for more information on this program!



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