

Enabling Critical First Aid Response

The only thing more tragic than a death from bleeding...

Is a death that could have been prevented.

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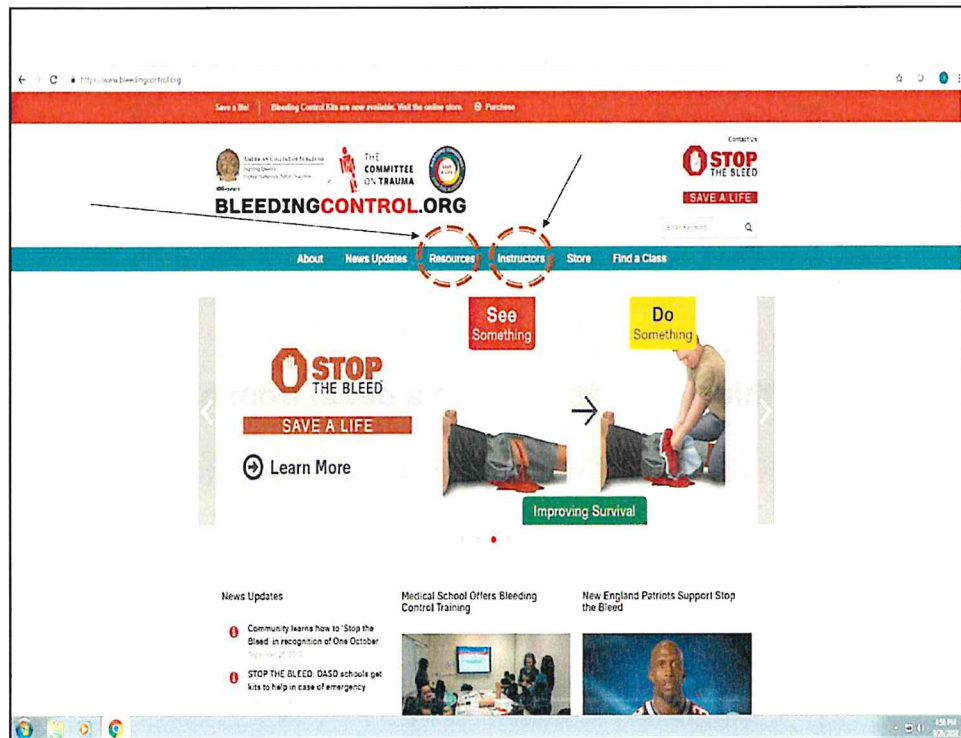
SNEC coordinator/instructor

AHA & ARC CPR/AED instructor

Wilderness Remote First Aid instructor for BSA

Stop the Bleed instructor

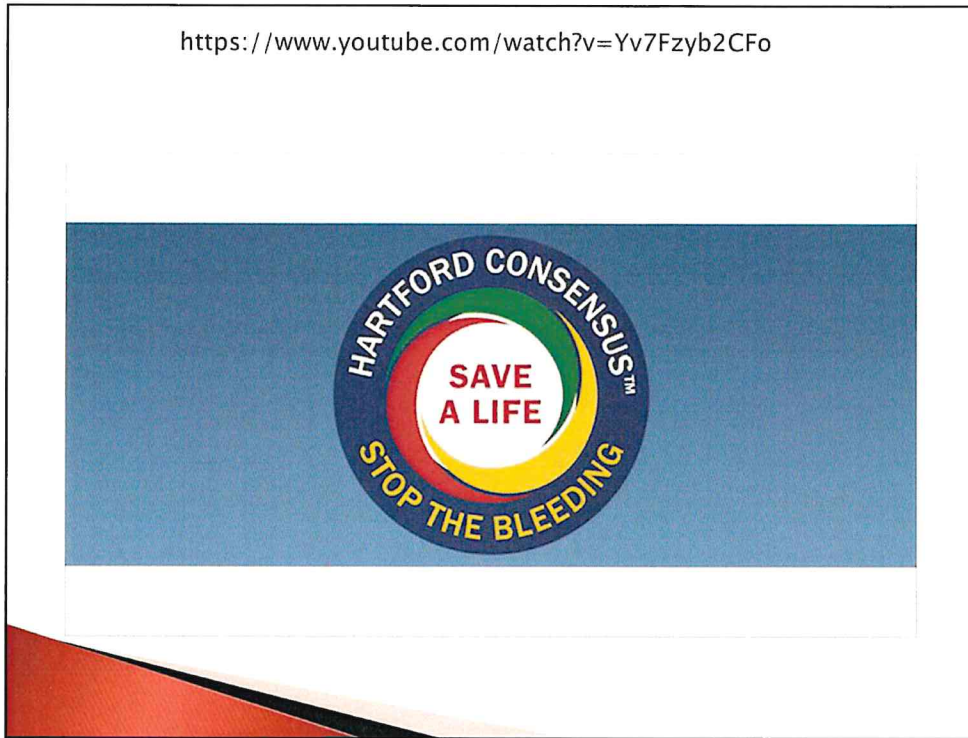
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Bleedingcontrol.org

1. In April of 2013, just a few months after the Sandy Hook Elementary School shooting, a committee was formed to create a protocol for national policy to enhance survivability from active shooter and intentional mass casualty events. This included the American College of Surgeons (ACS) in collaboration with the medical community and representatives from the federal government, the National Security Council, the U.S. military, the FBI, and governmental and nongovernmental emergency medical response organizations, among others.
2. This bleedingcontrol.org initiative was implemented in July of 2015.
3. Under the instructor tab, you can apply/register to become an instructor. Then you will have access to the PowerPoint presentation.
4. Under “Resources” are several video clips.

<https://www.youtube.com/watch?v=Yv7Fzyb2CFo>



This is good to set the serious mood.



The future? How soon?

16 page "Stop the Bleed" Booklet:

How to Stop the Bleed

Call 9-1-1
 • Call 9-1-1 yourself
 OR
 • Tell someone to call 9-1-1

Ensure Your Safety
 • Before you offer any help, you must ensure your own safety!
 • If you become injured, you will not be able to help the victim.
 • Provide care to the injured person if the scene is safe for you to do so.
 • If, at any time, your safety is threatened, attempt to remove yourself (and the victim if possible) from danger and find a safe location.
 • Protect yourself from blood-borne infections by wearing gloves, if available.

Look for Life-Threatening Bleeding
 • Find the source of bleeding
 • Open or remove the clothing over the wound so you can clearly see it. By removing clothing, you will be able to see injuries that may have been hidden or covered.
 • Look for and identify "life-threatening" bleeding. Examples include:

- Blood that is spurting out of the wound.
- Blood that won't stop coming out of the wound.
- Blood that is pooling on the ground.
- Clothing that is soaked with blood.
- Bandages that are soaked with blood.
- Loss of all or part of an arm or leg.
- Bleeding in a victim who is now confused or unconscious.

Compress and Control etc.....



Save a life
 What everyone should know to stop bleeding after an injury



A.  B.  C. 

1. Also under Resources, you can download and print the **16 page "Stop the Bleed" Booklet.**
2. Under the "Instructor" tab, you may apply/register to become an instructor.



B • Bleeding (continued)

What is “life-threatening” bleeding?



Blood spurting out of a wound



Blood soaking the sheet or clothing

Photo courtesy of Norman McSwain, MD, FACS, NREMT-P.

For instructors, there is a 61 slide power point “Bleeding Control Basics” presentation.

Here are a few slides to discuss the importance of this presentation.

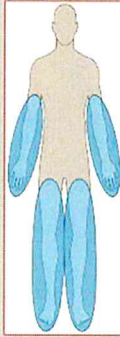
Primary Principles:

ABCs of Bleeding



B • Bleeding (continued)

Wounds That Can Lead to Death from Bleeding (1 of 3)



Arm and Leg Wounds

- Most frequent cause of **preventable** death from injury
- Bleeding from these wounds can be controlled by **direct pressure** or a **tourniquet**

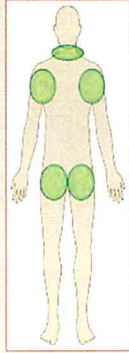


Photo courtesy of Peter T. Pons, MD, FACEP.



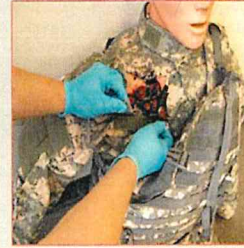
B • Bleeding (continued)

Wounds That Can Lead to Death from Bleeding (2 of 3)



Torso Junctional Wounds

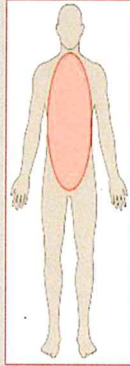
- Neck, shoulder, and groin
- Bleeding can be controlled by **direct pressure** and **wound packing**





B • Bleeding (continued)

Wounds That Can Lead to Death from Bleeding (3 of 3)



Chest and Abdominal Injuries

- Front, back, or side
- Usually cause internal bleeding
- This bleeding **CANNOT** be stopped outside the hospital
- These victims need rapid transport to a trauma center
- Identify these patients to EMS providers when they arrive



Multiple gunshot wounds
Photo courtesy of Peter T. Pons, MD, FACEP.

Primary Principles:

ABCs of Bleeding



C • Compression: Stop the Bleeding (continued)

Direct Pressure (2 of 3)

- Use any clean cloth (for example, a shirt) to cover the wound
- If the wound is large and deep, try to “stuff” the cloth down into the wound



Photos courtesy of Adam Wehrle, NREMT-P.

Bleeding Control Basic v. 1.0

Introduction | Principles | A-Alert | B-Bleeding | C-Compression |

This person is not hemorrhaging – this demonstrates direct pressure – I believe only a dressing with coban is needed.

Primary Principles:

ABCs of Bleeding



C • Compression: Stop the Bleeding (continued)

Direct Pressure (3 of 3)

- Apply continuous pressure with both hands directly on top of the bleeding wound
- Push down as hard as you can
- Hold pressure until relieved by medical responders



Photo courtesy of Adam Wehrle, NREMT-P.



C • Compression: Stop the Bleeding (continued)

The Tourniquet

- A tourniquet is a device that stops the flow of blood
- If applied correctly, the tourniquet will stop blood flow into the extremity and out of the wound
- Limiting blood loss may prevent the patient from going into shock or dying



Photo courtesy of Norman McSwain, MD, FACS, NREMT-P.

Primary Principles:

ABCs of Bleeding



C • Compression: Stop the Bleeding (continued)

Key Points (2 of 2)

- No amputations have been caused by a tourniquet when left in place for fewer than two hours
 - BUT... it is best to get the patient to a trauma center as soon as possible so the bleeding can be completely controlled and the tourniquet removed
- Better to risk damage to the arm or leg than to have a victim bleed to death
- Training (practice) tourniquets should NOT be used during a real patient incident
 - Repetitive use during training exercises may cause the tourniquet to fail

Bleeding Control Basic v. 1.0

Introduction | Principles | A-Alert | B-Bleeding | C-Compression |

Common mistakes to avoid:

Never wait too long to apply a tourniquet.

Not making it tight enough – it really does hurt a lot when you do it correctly

Use a second tourniquet if the first one is not enough

Do NOT ever loosen a tourniquet – only in ER

Never use a rope.

Never use over a joint.



Training Kit

\$950.00

The following components are packaged in a hard plastic case.

- Bleeding Control Training Kit includes:
- Instructional booklets on bleeding control (10)
- Blue training C-A-T™ tourniquets (5)
- QuikClot® Moulage Trainers (8)
- Z-Medica Hemorrhage Control Training™ legs (2)
- Protective gloves (12 pairs)

Available in their store.



\$650.00

Bag includes 8 Personal Kits

\$69.00

Kit includes:

- Instructional booklet on bleeding control
- C-A-T™ tourniquet
- QuikClot® Bleeding Control Dressing™
- Mini Sharpie™ marker
- 1 pair of protective gloves
- Compression bandage

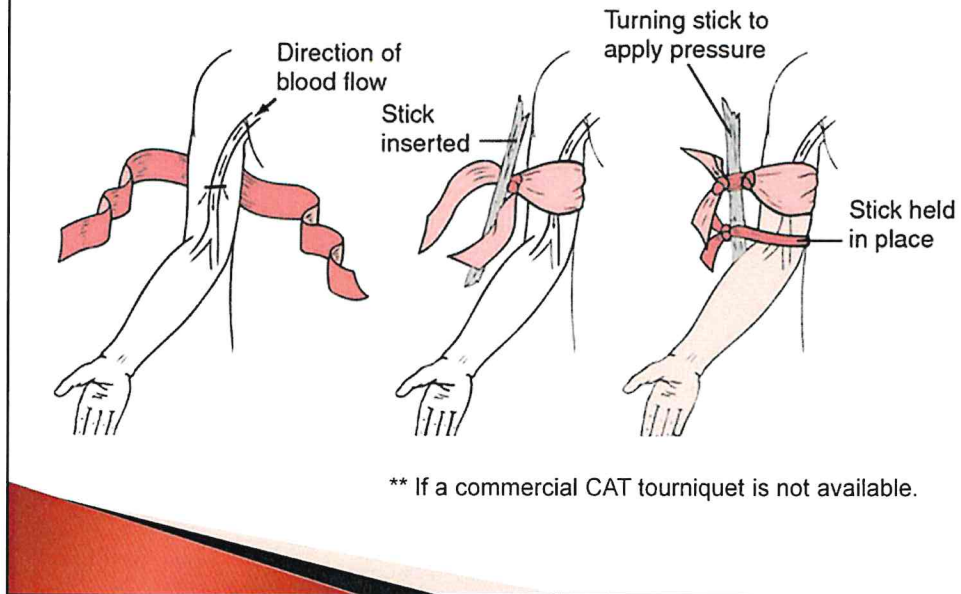
Per Stop the Bleed News: 9/10/18:

The University of Missouri is accepting an \$100,000 gift to purchase and set up "Stop the Bleed" kits around MU, campus officials announced Friday. MU is one of the first campuses in the nation to have bleeding control kits. "Stop the Bleed" event coordinator Kassie Campbell says it important for students and faculty to learn how to properly use these kits.



1. You have permission to use and reproduce any of the materials available at www.bleedingcontrol.org free of charge, and add your company's logo, as long as no existing information is changed or removed and the American College of Surgeons is cited appropriately.
2. If interested in becoming an instructor, please sign-up to be an instructor.

Red Cross Wilderness Remote First Aid training:



Per Stop the Bleed:

Improvised (homemade) tourniquets are much less effective than commercially available tourniquets such as the C.A.T. (Combat Application Tourniquet) and are difficult to make and apply without extensive practice.

