

Brief hemorrhage control training for nursing staff: a rapid approach for training in the time-strapped environment



Geisinger Caring

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Background

Stop the Bleed (STB) training is essential in recognizing and treating life threatening bleeding. Survey of surgeon participants reveals that more than 90% of surgeons feel this training is important and achievable with the lay public. The importance of recognizing and treating hemorrhage in hospital patients is as important, but we struggle with balancing time and efficacy in updating staff with similar training.

Purpose

We sought to prove that a modified 5-minute training in combination with a skills station during a competency fair would be an effective and efficient method to update nursing staff.

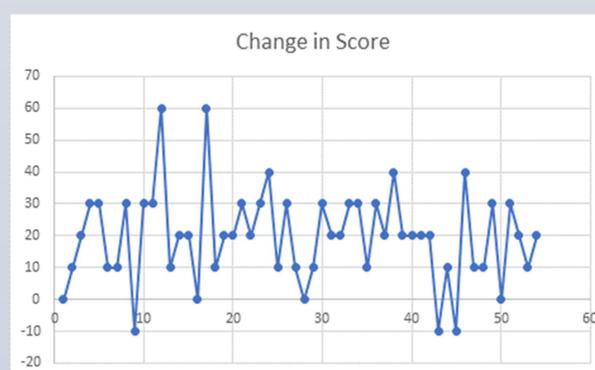
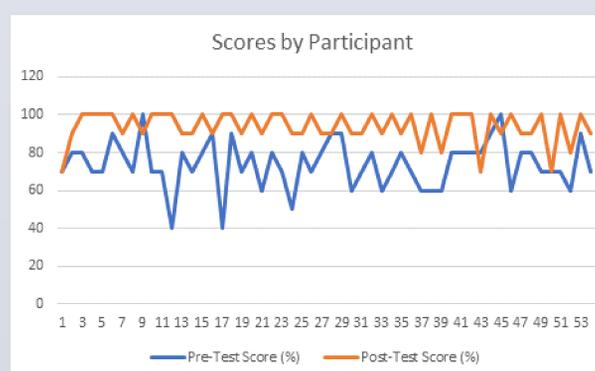


Design and Methods

This was a prospective observational survey study with nurses in a pre/post-test format. The pilot program was conducted at two trauma centers in our integrated health network. Nurses from the ED, ICU, and trauma floors from our level 1 and level 2 trauma centers underwent the training and examination. Participants were excluded if they did not consent to participate in the pre- or post-test or if the datasets were incomplete. Pretest was conducted prior to the competency skills fair and then followed by nurses completing a five minute didactic session with a hands-on skills station. At the completion of the abbreviated training, nurses completed a post-test. Scores were compared and statistical significance was calculated using a paired t-test.

Results

Post-test scores were found to be, on average, 19.6 points higher than pre scores (95% CI 15.6, 23.6; mean pre-test 73.9; mean post-test 93.5) with a standard deviation of 14.7 (95% CI 12.3, 18.1), with $p < 0.0001$. We observed improved scores in 87% of participants ($n=47$). No score change was noted in 7% ($n=4$) and 5% performed worse on the post-test ($n=3$).



Discussion and Conclusions

Recognizing and treating life threatening hemorrhage may represent an opportunity for ongoing nursing education. Given the overall nursing shortage, and the clinical and time demands on nurses, an efficient and effective way to disseminate the education is paramount. Our results show this method to be a quick and successful way to share this valuable information. Additional results across non-trauma specialty nurses will be important to evaluate the applicability to other settings.

References

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