



# STOP THE BLEED<sup>SM</sup>



## SAVE A LIFE

Bleeding is a preventable cause of death in many cases. The ability to recognize life-threatening bleeding and the ability to intervene effectively can save a life. Whether the injury was a result of a mass shooting or a home accident, a single person present at the right time who has the right skills can make all the difference. The “immediate responder” on the scene of a traumatic injury may not always be a trained medical provider and training our fellow citizens on these life-saving measures will dramatically improve outcomes during such incidents.

The Society of Trauma Nurses (STN), working in partnership with other organizations, is making the training needed to address such incidents easily available to the public. To that end STN has partnered with the American College of Surgeons Committee on Trauma and the Department of Homeland Security to advocate for the Stop The Bleed initiative.

### WHAT IS “STOP THE BLEED”?

- A 60- to 90-minute course
  - Formal slide presentation and hands-on practice of life saving skills
  - Developed for a non-medical audience to address the skill needs of an “immediate responder”
  - Aims to control life-threatening bleeding until help arrives
    - Covers use of direct pressure to control bleeding
    - Explains function and use of advanced tools (tourniquet and wound packing materials) when available

### WHY IS THIS MOVEMENT SO CRUCIAL?

Adding bleeding control to the techniques taught along with CPR and basic first aid will better equip civilians to help save a life. With the increased public attention on mass casualty events, now is the time to integrate this training into existing curriculum. This is a valuable opportunity to better educate the public on the latest techniques in bleeding control. According to a study published in the American College of Surgeons, only 36 percent of those surveyed felt comfortable applying a tourniquet due to the fear of damaging a patient’s limb.<sup>1</sup> However, current experience from the wars in Afghanistan and in Iraq show that the benefits of training far outweigh the risks.<sup>2</sup> The better prepared the general public is for such events the easier the goal of reducing or eliminating preventable death by bleeding.

The Society of Trauma Nurses is a professional nonprofit organization whose mission is to ensure optimal trauma care to all people locally, regionally, nationally and globally through initiatives focused on trauma nurses related to prevention, education and collaboration with other healthcare disciplines. The Society of Trauma Nurses advocates for the highest level of quality trauma care across the continuum. We accomplish this through an environment that fosters visionary leadership, mentoring, innovation and interdisciplinary collaboration in the delivery of trauma care.

<sup>1</sup> The Hartford Consensus: A National Survey of the Public Regarding Bleeding Control. Jacobs, Lenworth M. et al. *Journal of the American College of Surgeons*, Volume 222, Issue 5, 948 - 955

<sup>2</sup> Kragh, J.F., Walters, T.J., Baer, D.G. et al. Practical use of emergency tourniquets to stop bleeding in major limb trauma. *J Trauma*. 2008; 64: S38–S50.

