

Community Example: D214

Stop the Bleed Team-Based Challenge

D214 shares a team-based challenge description and activity slides for its “Stop the Bleed” health sciences challenge. This team-based challenge is used in the district's health sciences pathway, including Medical Academy and Certified Nursing Assistant courses.



I-WIN

Illinois Work-Based Learning
Innovation Network

Attachments

1. Stop the Bleed Team-Based Challenge Description
2. Stop the Bleed Activity Slides

D214 TEAM BASED CHALLENGE

Team-Based Challenge Title	Stop the Bleed	
Course Number/ Name	09861 - Med Science Academy	
Course Type	<input type="checkbox"/> Orientation/Introductory <input type="checkbox"/> Skill Development <input checked="" type="checkbox"/> Capstone	
Endorsement Area	Program	
<input type="checkbox"/> Agriculture, Food & Natural Res <input type="checkbox"/> Arts & Communications <input type="checkbox"/> Finance & Business Services <input checked="" type="checkbox"/> Health Sciences & Technology <input type="checkbox"/> Human & Public Services <input type="checkbox"/> Information Technology <input type="checkbox"/> Manufacturing, Engineering, Technology & Trades	<input type="checkbox"/> Education and Training <input type="checkbox"/> Government and Public Administration <input type="checkbox"/> Law, Public Safety, Corrections and Security <input type="checkbox"/> Human Services <input type="checkbox"/> Graphic Design <input type="checkbox"/> Agriculture <input type="checkbox"/> Certified Nursing Assistant (CNA)	<input type="checkbox"/> Fashion <input type="checkbox"/> Transportation <input type="checkbox"/> Building Trades <input checked="" type="checkbox"/> Health Services <input type="checkbox"/> Culinary Arts <input type="checkbox"/> Manufacturing <input type="checkbox"/> Computer Science <input type="checkbox"/> Finance & Business
Authentic Problem Authentic industry problem	Students learn how to provide vital initial actions to stop uncontrollable bleeding in emergency situations. Three techniques for stopping bleeding are covered: How to use your hands to apply pressure to wound; how to pack a wound to control bleeding; how to correctly apply a tourniquet.	
Group Size Example: Minimum groups of 2-3 students	Minimum of 2 students, groups not larger than 4 students. Student groups are presented with different emergency bleeding situations.	
Final Product Presentation Type, Slide show, Prototype, etc.	Students report out to the class how they stopped the bleeding given the emergency situation they are presented with. Each student also completes a post-test.	
Mentorship Mentor name or company (examples: Diemasters, Chef Joe Smith, Applebees)	Northwest Community Hospital	
Assessment Rubric, including details regarding mentor feedback, how often, how is this communicated	Stop the Bleed Post-Test	

Essential Employability Skills

Check One or Two essential employability skills.

- Teamwork & Conflict Resolution
- Communication
- Problem Solving
- Decision Making
- Critical Thinking
- Adaptability & Flexibility
- Initiative & Self Drive
- Cultural Competence
- Planning & Organizing

Technical Competencies by Endorsement

Choose one technical competency.

[Agriculture, Food & Natural Res](#)

Agriculture, Food & Natural Res ▾

[Arts & Communications](#)

Arts & Communications ▾

[Finance & Business Services](#)

Finance & Business Services ▾

[Health Sciences & Technology](#)

Health Sciences & Technology ▾

[Human & Public Services](#)

Human & Public Services ▾

[Information Technology](#)

Information Technology ▾

[Manufacturing, Engineering, Technology & Trades](#)

Manufacturing, Engineering, Technology & Trades ▾



SAVE A LIFE

Learning Targets

1. Understand the three components of the ABC's of Stop the Bleed.
2. Understand and demonstrate how to pack a wound and apply compression
3. Understand how to be safe when "stopping the bleed"
4. Understand and demonstrate how to apply a tourniquet correctly



SAVE A LIFE

Post Test

1. Define the three components of the ABC's of Stop the Bleed.

A stands for: _____

B stands for: _____

C stands for: _____

2. True or False

It's a good idea to frequently check to see if bleeding stops when applying pressure to the wound.

3. True or False

If you do not have a sterile gauze, its ok to pack the wound with any clean cloth or clothes.

4. True or False

If there are no gloves available, I should just call 911 and wait for help to arrive.

5. True or False

Because I can place a tourniquet over clothing, there is no need for me to expose the wound first.

6. True or False

It is important to wait to approach the injured person to help until it is safe.

7. True or False

Tourniquets can be placed around the neck or torso.

8. True or False

If needed, a second tourniquet can be applied to an extremity.



SAVE A LIFE

STOP THE BLEED® Course American College of Surgeons

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Version 2



BLEEDINGCONTROL.ORG
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THE
COMMITTEE
ON TRAUMA



AMERICAN COLLEGE OF SURGEONS
*Inspiring Quality
Highest Standards. Better Outcomes.*

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Association of
Emergency Medical
Technicians**



**The Committee
on Tactical
Combat
Casualty Care**

Some of the **images** shown during this presentation may be disturbing to some people.

Why Do I Need This Training?

The **#1** cause of preventable death after injury is **bleeding**.

Where Can I Use This Training?



Stop the Bleed Course v. 2.0

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

Goals

1. Identify

Recognize
life-threatening
bleeding

2. Stop the Bleed

Take steps to
STOP THE BLEEDING

- Pressure
- ✓ Packing
- ✓ Tourniquets

Stop the Bleed Course v. 2.0

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

Personal Safety

YOUR safety is **YOUR** first priority

- If you are injured, you cannot help others
- Help others only when it's **safe** to do so
- If the situation changes or becomes **unsafe**:
 - ✓ Stop
 - ✓ Move to safety
 - ✓ If you can, take the victim with you

Personal Safety

YOUR safety is **YOUR** first priority

- Wear gloves if you can
- If you get **blood** on you, be sure to clean any part of your body that the blood has touched
- Tell a health care provider that you got **blood** on you, and follow his or her direction

ABCs of Bleeding Control

A Alert 911

B Bleeding

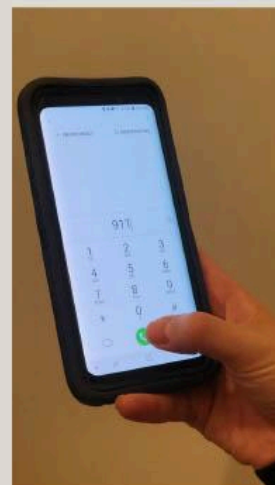
C Compress

ABCs of Bleeding Control

A Alert 911

B Bleeding

C Compress



ABCs of Bleeding Control

A Alert 911

- Call 911
- Know your location
- Follow instructions provided by 911 operator

ABCs of Bleeding Control

A Alert 911

B Bleeding

C Compress



ABCs of Bleeding Control

B Bleeding

- Find source of **bleeding**
- Look for:
 - Continuous **bleeding**
 - Large-volume **bleeding**
 - Pooling of blood

ABCs of Bleeding Control

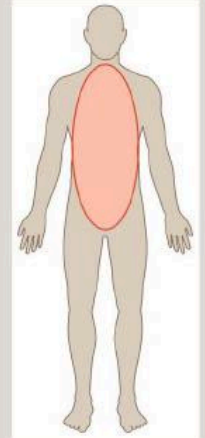
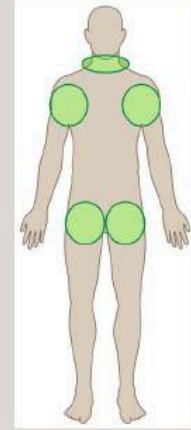
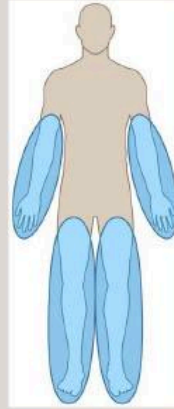
B Bleeding

- There may be multiple places the victim is **bleeding**
- Clothing may also hide life-threatening **bleeding**

ABCs of Bleeding Control

B Bleeding

- Arms and legs
- Neck, armpits, and groin
- Body



Stop the Bleed Course v. 2.0

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

ABCs of Bleeding Control

A Alert 911

B Bleeding

C Compress - Pressure



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C Compress - Pressure

- Apply direct pressure to wound
- Focus on the location of the **bleeding**
- Use just enough gauze or cloth to cover injury
- If pressure stops the **bleeding**, keep pressure on wound until help arrives

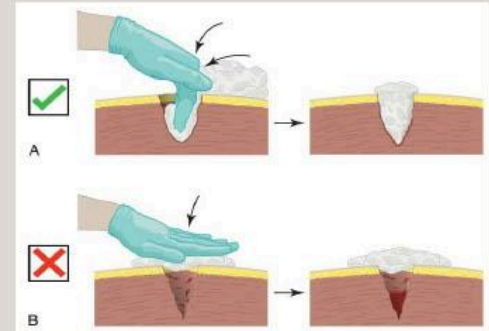
ABCs of Bleeding Control



ABCs of Bleeding Control

C Compress - Packing

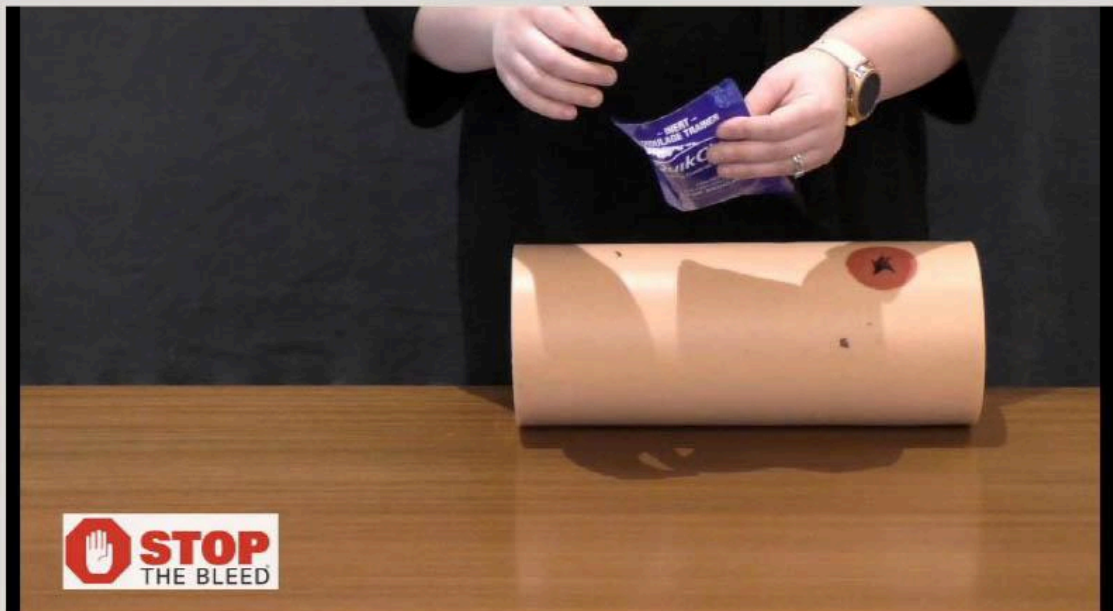
- For large wounds, superficial pressure is not effective
- If **bleeding** is from a deep wound, pack gauze tightly into the wound until it stops the **bleeding**; hold pressure until help arrives



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

ABCs of Bleeding Control



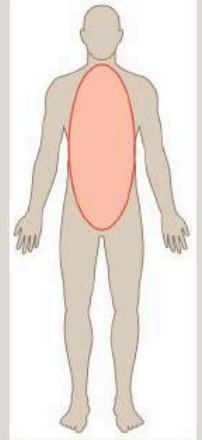
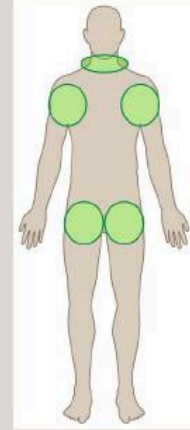
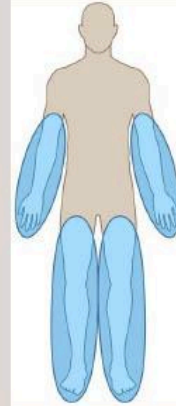
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Introduction | A-Alert | B-Bleeding | C-Compression |

ABCs of Bleeding Control

C Compress - Packing

- Arms and legs
- Neck, armpits, and groin
- Body



Stop the Bleed Course v. 2.0

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

ABCs of Bleeding Control

C Compress - Tourniquet

- Apply 2 to 3 inches above wound
- Do not place over the elbow or knee
- Tighten tourniquet until **bleeding** stops
- Do NOT remove the tourniquet

Stop the Bleed Course v. 2.0

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

C Compress - Tourniquet

- Can apply to others or on yourself
- Can be applied over clothes
- Tourniquets HURT
- A second tourniquet may be required to stop the **bleeding**



ABCs of Bleeding Control



Stop the Bleed Course v. 2.0

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

CoTCCC Recommended STB Tourniquets

Recommended Non-Pneumatic Limb Tourniquets

- Combat Application Tourniquet Gen 6 (CAT-6)
- Combat Application Tourniquet Gen 7 (CAT-7)
- Ratcheting Medical Tourniquet (RMT) Tactical
- SAM Extremity Tourniquet (SAM-XT)
- SOF Tactical Tourniquet-Wide (SOFTT-Wide)
- Tactical Mechanical Tourniquet (TMT)
- TX2 Tourniquet (TX2)
- TX3 Tourniquet (TX3)

Stop the Bleed Course v. 2.0

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

CoTCCC Recommended STB Tourniquets

Recommended Pneumatic Limb Tourniquets

- Delphi EMT (EMT)
- Tactical Pneumatic Tourniquet 2" (TPT2)

Bleeding control in children

- In all but the extremely young child, the same tourniquet used for adults can be used in children.
- For the infant or very small child (tourniquet too big), direct pressure on the wound as described previously will work in virtually all cases.
- For large, deep wounds, wound packing can be performed in children just as in adults using the same technique as described previously.

FAQs

- Impaled objects?
- Improvised tourniquets?
- Loss of arm or leg?
- Pain?
- Other questions?

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

Summary

- **Personal safety** **A**
Alert911
- **Find bleeding**
- **Compress** with
pressure and/or
packing
- **Compress** with a
tourniquet
- **Wait for help to arrive**

Stop the Bleed Course v. 2.0



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

For more information:

BLEEDINGCONTROL.ORG

STOPTHEBLEED.ORG

Stop the Bleed Course v. 2.0



The only thing more tragic than a death... is
a death that **could have been prevented.**

Stop the Bleed Course v. 2.0