

# GEISINGER MEDICAL CENTER

## Trauma Services: Outreach and Injury Prevention

### **Stop the Bleed:** Bleeding Control (B-Con)

As part of the national **Stop the Bleed** campaign Geisinger Medical Center participates in community outreach for the public on how to manage life threatening bleeding until Emergency Medical Services (EMS) or first responders arrive. This B-Con course follows the program that was developed by the American College of Surgeons Committee on Trauma and the National Association of Emergency Medical Technicians (NAEMT). The program is about an hour and 15 minutes in length and teaches the basic principles of bleeding control and tourniquet use until trained emergency providers arrive. The program is a combination of lecture, video, demonstration, and hands on skill stations.

## OVERVIEW

“No one should die from uncontrolled bleeding” this is the fundamental concept of the Hartford Consensus. There must be a continuum of care from the immediate responders that continues to the patient’s arrival at definitive care. The B-Con course was developed to help the public and professional first responders to recognize and control active life-threatening bleeding.

### **The Objective: is to teach the initial steps of life threatening bleeding control to anyone who may encounter an injured person**

- Explain the rationale for early use of tourniquet for life-threatening extremity bleeding
- Describe the progressive strategy for controlling bleeding
- Demonstrate the correct application of a topical dressing, pressure/compression, and tourniquets

### **The Opportunity: This program can be presented to any age group that many encounter an injured person.**

- Training local civic groups, schools, church groups, community groups to recognize, intervene and control life threatening bleeding until trained first responders arrive.
- Training all hospital personnel
- Training Law Enforcement officers to handle life threatening bleeding until EMS arrival.

### **The Solution: Bringing the training to the people**

- Offer B-Con training to the community and community organizations.
- Providing B-Con training to hospital educators to train hospital staff.

- Offer B-Con training to local Law Enforcement Officer and Fire/Rescue personnel.

## Resources

Course supplies: laptop, projector, gloves, tourniquets, training mannequins for simulation of injuries

## EXPECTED RESULTS

Bystanders will be more aware of life-threatening bleeding and have the knowledge and tools to control it. By attending this course more lives can be potentially saved during mass casualty events and everyday medical emergencies that the public may encounter.

## CONCLUSION

This program can have far reaching live saving opportunities within the Geisinger Health System Community. By working with the local community partners, we can make a difference in the lives of the people we care for.

**If you have any questions about this presentation, please contact me at [daerdman@geisinger.edu](mailto:daerdman@geisinger.edu) or 570-271-7149**

Thank you for your consideration,

**Deborah Erdman RN MSN CCRN TCRN**

**Trauma Outreach/Injury Prevention Coordinator  
Education Resource Nurse  
Geisinger Medical Center.**

References: American College of Surgeons Bulletin: *Strategies to Enhance Survival in Active Shooter and Intentional Mass Casualty Events: A Compendium* September 2015, Volume 100 Number 1

General Surgery News: *"Stop the Bleed" Campaign Focuses on Saving Lives with Simple Techniques* December 12, 2016

NAEMT News: *Preparing Our Nation to Respond to Active Shooter and Mass Casualty Events* Summer 2014