

April 17-20
2018

2018
PREPAREDNESS
SUMMIT

Atlanta Georgia
HYATT REGENCY ATLANTA



@PREPSUMMIT #PREP18

PREPAREDNESSUMMIT.ORG

Stop the Bleed Training of Non-Healthcare Professionals



SAVE A LIFE



OFFICE OF
PUBLIC HEALTH
PREPAREDNESS

About Us

Our Vision:

A resilient Boston through healthy, informed, and connected communities that are supported every day and during emergencies by strong, integrated public health and healthcare systems.

- Community fares better after an emergency
- Equitable access to healthcare during & after emergencies



Introduction

- Presenters



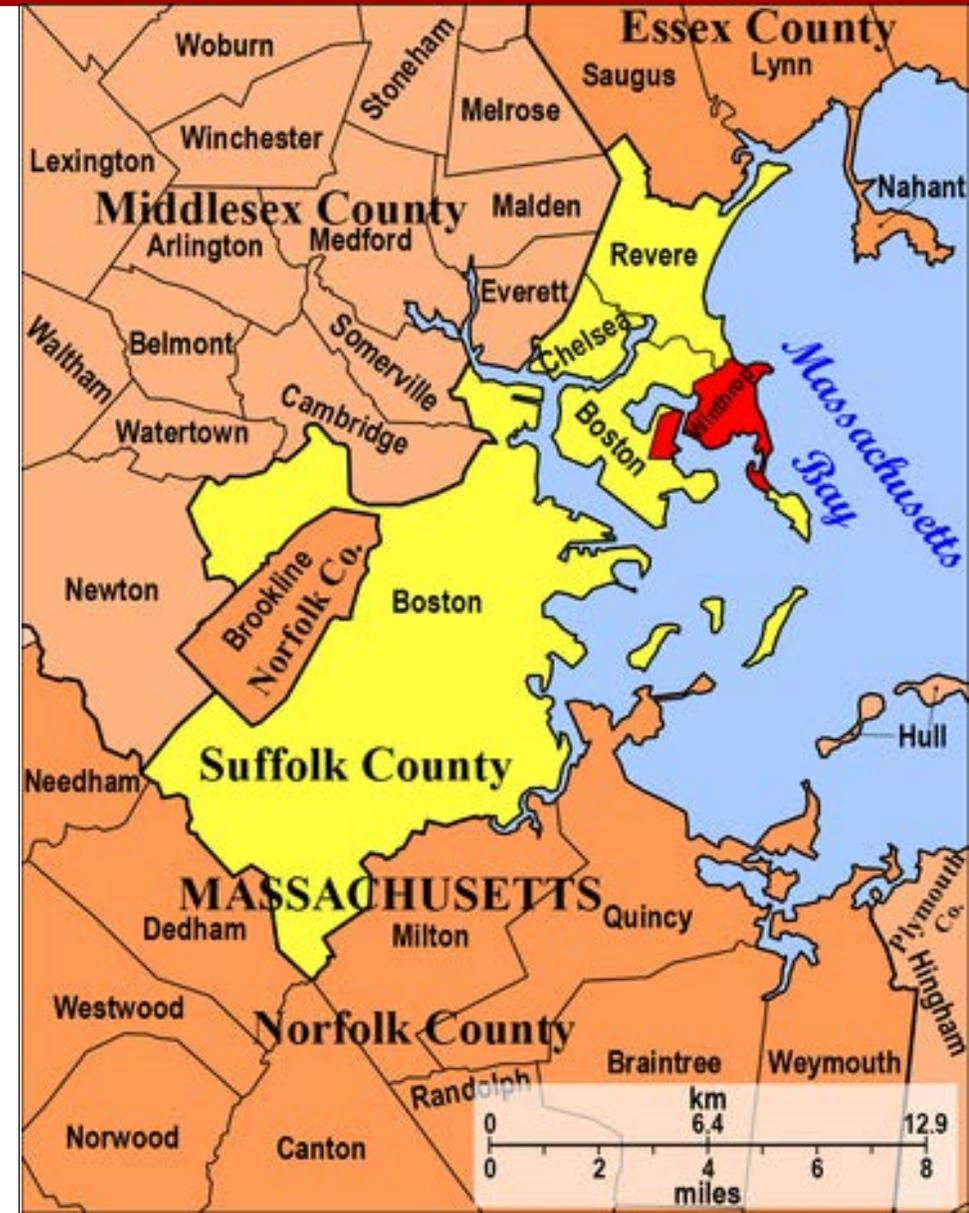
Mea Allen, M.Ed.
Associate Director
Education and Training



Lt. Brian Pomodoro
Sr. Program Manager
Disaster Response Training

Origins of Our Stop the Bleed Project

- Town of Winthrop, Mass.
- Sought regional approval
- Focus: Non-medical professionals



Course Description

- 90 minute program

67%

Module	Time
Intro to Course	5 minutes
Initial Actions	15 minutes
Bleeding Control Measures (<i>didactic, demonstrations, activities</i>)	60 minutes
Summary and Q&A	10 minutes

Instructional Design Process

Plan..... Project plan developed

Analyze.....Assess needs, determine goals

Design.....Based on objectives

Develop.....Slides, handouts, activities

Implement.....Deliver as pilot

Evaluate.....Were objectives met?

Sustain.....Support/Back to drawing board

Course Evolution - Planning

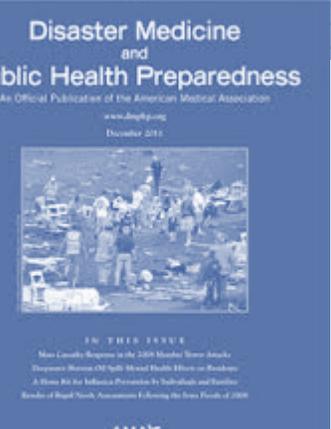
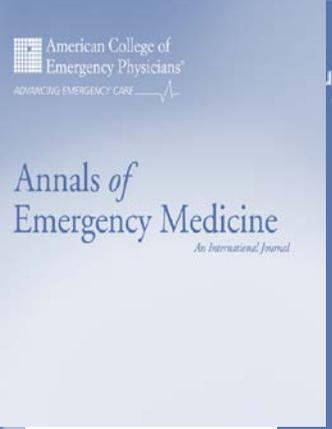
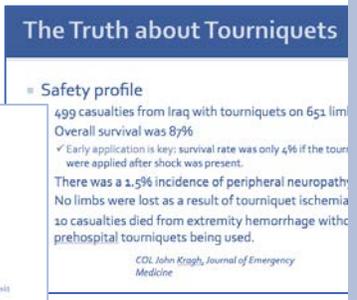
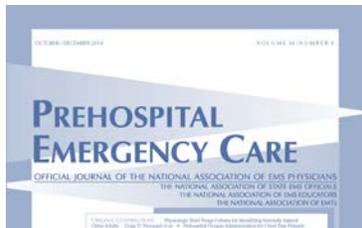
- Based on CPR training model
 - No certification
 - No testing
 - Yes, practice
- Existing STB courses

Course Evolution - Planning



SAVE A LIFE

- Content
 - Client input
 - Journal searches
 - Interviews



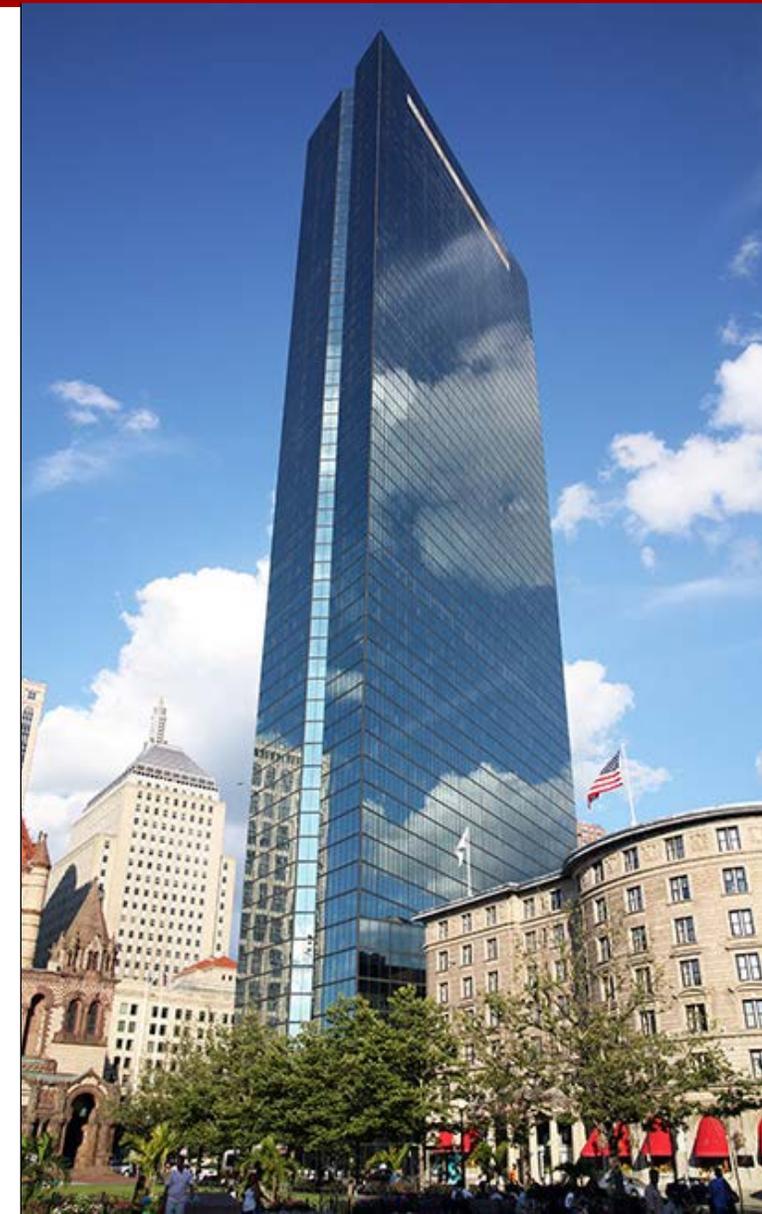
Course Evolution - Planning

- Planned as a project toolkit
 - Allows requesting agency to perform training
 - Student familiarity with instructors
 - Local SOPS can be presented



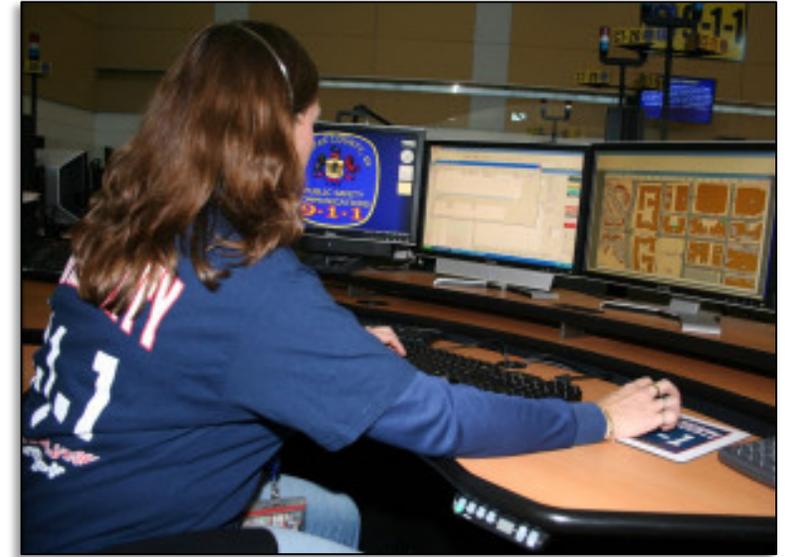
Course Evolution - Analyze

- Content decisions
 - Use of plain-language
 - Minimize jargon
 - Based on local response systems
 - EMS, Fire, Police
 - Avg. response times
 - Improvised tourniquets



Course Evolution – Design/Develop

- Include:
 - 9-1-1 contact information
 - Personal safety
 - Patient positioning
 - Basic anatomy
 - Direct Pressure
 - Commercial & Improvised tourniquets (TKs)
 - Experiential training!!



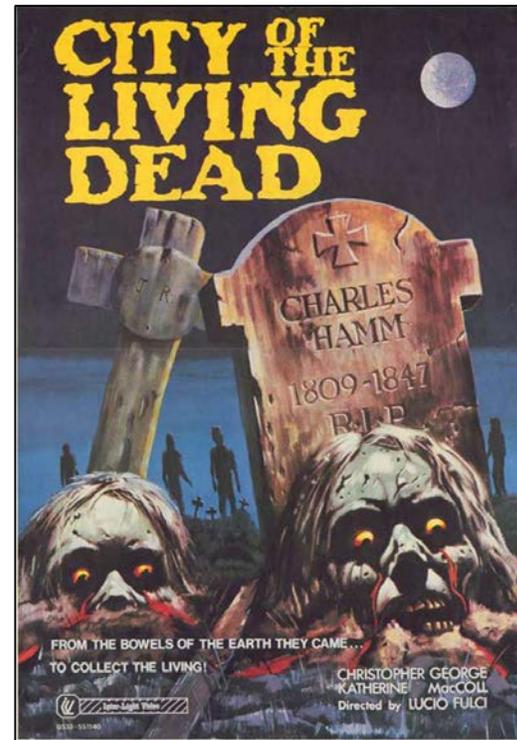
Course Evolution – Design/Develop

- Exclude
 - Elevation ✘
 - Supplying vessel ✘
 - Graphic Depictions ✘



Course Evolution – Design/Develop

- Graphic depictions rejected
- Operant conditioning/ positive reinforcement
 - Only works with repeated stimuli



Course Evolution – Implement Pilot

- Pilot #1
 - High school teachers and staff
 - Utilized local instructors
 - Police, Fire, School nurse
 - Delivered instructor-trainer orientation
 - Pilots – Video-recorded



Course Evolution – Evaluate Pilot

- Instructors:
 - Openly challenged content
 - Lots of “stories” (did not pertain to audience)
 - Demonstrated techniques, but did not practice
 - Did not supervise exercises

Course Evolution – Implement Pilot



Course Evolution – Evaluate Pilot

- Student Evaluations:
 - Mostly positive re: content
 - **High**-positives re: practical activities
 - Did not like - “stories”

Course Evolution – Back to Planning

- Lessons Learned from Pilot

“Slides should support instructor fidelity with course and design.”



Course Evolution – Back to Planning

- Instructor Development
 - Scope – Needs to be clearly defined
 - Instructor Orientation – A must
 - Skills – Should be demonstrated



Course Evolution – Back to Planning

Module	Edits
All	<ul style="list-style-type: none">• Cite sources on screen• Further edit medical terminology• Merge content wherever possible
Basic Anatomy	<ul style="list-style-type: none">• Edit anatomy descriptions.
Exercises	<ul style="list-style-type: none">• On-screen instructions and timing

Stop the Bleed Key Messages

Module 1
Slides 4, 6

Introductions

- Instructors
- Safety Briefing
 - Exits
 - Practical Exercises



Course Content Warning

- No graphic pictures
- Explicit examples may be used



- Mandatory
 - Brief introduction
 - Safety

- Evaluations said this was reassuring

Stop the Bleed Key Messages

Module 1
Slides 7, 8

Why is Bleeding Control Important?

- Trauma – In US, leading cause of death in adults
- Shock develops quickly even with rapid first-response



▪ 2015 - National Academy of Sciences, Engineering, and Medicine

What is your role?

- To apply bleeding control measures until trained personnel arrive



- WIIFM
 - What's in it for me?
 - Note: Source cited
- Clarifies context
 - Chain of survival

Stop the Bleed Key Messages



Stop the Bleed

Orlando Sentinel

TRUSTED. BALANCED. LOCAL.

FINAL EDITION Thursday, February 15, 2018 \$1.00

Weather

6 A.M. - 47°
7 A.M. - 47°
8 A.M. - 47°
Chance of rain 40%
Winds: Variable, 10

Index

Business 1A
Community & Events 1B
Deaths 1C
Education 1D
Entertainment 1E
Health 1F
Local 1G
National 1H
Opinion 1I
Sports 1J
TV 1K

News Now

LOCAL & STATE

• **Shooting results** A 19-year-old suspect in the Feb. 14 school shooting was charged with first-degree murder, armed robbery and possession of a firearm.

• **Arrested in case** A 19-year-old suspect in the Feb. 14 school shooting was charged with first-degree murder, armed robbery and possession of a firearm.

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TOP STORY

• Teen suspect taken into custody without fight • One rifle and multiple magazines are recovered • Frantic parents rush to school as kids hide inside

AT LEAST 17 KILLED IN SCHOOL SHOOTING



People are brought out of Marjory Stoneman Douglas High School after a shooting at the school that killed at least 17 people and injured others.

By **YOUNG KWON**
and **SHANE KENNEDY**
Associated Press

ORLANDO — A 19-year-old suspect opened fire at a Florida high school Wednesday, killing at least 17 people and wounding scores of others fleeing into the streets in the nation's deadliest school shooting since a gunman di-

rected an elementary school in Newtown, Conn., in 2012.

Parents rushed to Marjory Stoneman Douglas High School on Feb. 14, some weeping and sobbing, searching the campus as classes prepared to dismiss for the day. Live footage showed emergency workers who appeared to be treating the wounded on

campus.

"It is a horrific situation," said Robert Rosen, representative of the school district to Pathfinders, about an hour's drive north of Miami. "It is a horrible day for us."

The 19-year-old suspect was taken into custody within a light about an hour after he left the scene, authorities said.

Photo by **AP/WIDE WORLD**

House wants major expansion of scholarship program

By **CHRIS BROWNE**
Associated Press

TALLAHASSEE — Based House leaders want to expand a program that gives low-income public school students scholarship grants to attend private schools.

Florida's House of Representatives passed a bill Wednesday to boost a program to expand the Florida Tax Credit Scholarship program by 20% each year, on top of the \$175.5 million

approved under existing law. The program is mostly funded with corporate income tax credits paid by companies, but the bill would allow credits for sales taxes to be used starting July 1, the start of the state budget year.

"What we're doing is opening up the funding to more people who participate," said Rep. Paul Rosen, R-Palm Beach, sponsor of the bill. "These are people, great and equity students who are struggling academically. They're looking

for help. We're going to help them get the help they need."

Photo by **AP/WIDE WORLD**

OPD Chief Mina files paperwork to run for Orange County mayor

By **CHRIS BROWNE**
Associated Press

ORLANDO Police Chief John Mina is officially in the running to be the next Orange County mayor.

Mina filed his paperwork Wednesday as an independent candidate at University of Central Florida, said County Supervisor of Elections Michele Belfrage. Mina's name recognition would

be a major asset, she said.

Photo by **AP/WIDE WORLD**

Orlando activist looks to inspire kids with 'Black Panther' movie

By **YOUNG KWON**
Associated Press

Andreas and other are preparing to see the blockbuster film "Black Panther" in the movie theater on Wednesday. But a local effort is helping the same audience of school children see the movie.

The event is part of a film festival called "Black Panther: A Cultural Moment" to get children into

Photo by **AP/WIDE WORLD**

EXTRA Slaughter in Edmo

THE DAILY OKLAHOMAN

15 SLAIN AT POST OFFICE



The Wash

RAMPAGE A

Stunned Postal



3 men of charge in Edmo

A facility steps to address



BY THE NEWS

ANOTHER ROCKS

OFFICER KILLED DURING TRAFFIC STOP
Man found fatally shot today



NEWS LOCAL

Hospital plan

Dutch to US

Must you

own bus

Voices & Opinion

- **Don't View** Trump's administration plan needs work. **A1**
- **Local View** Congress rejects Lata (then before the 10th). **A1**
- **NOVA** (NOVA) (the public) to be a member's decision. **B1**
- **Unsub** (NOVA) (the public) to be a member's decision. **B1**



What To Do Today

A LONGER STROLL
The Third Thursday Gallery Day in Downtown Orlando has expanded to include art and craft markets in front of the Orange County Courthouse, 101 S. Central Blvd., Local artists

StarTribune

10 MINUTES OF HORROR

30 killed, 527 injured in a shooting in a modern U.S. history
Shooting had 29 years to his last state, including automatic weapons



Vegas gunman was high-stakes gambler

Photo by **AP/WIDE WORLD**

USING THE SYSTEM TO SAVE CAREERS

Photo by **AP/WIDE WORLD**

Standard-Speaker

LAUGHTER

man kills 26, including 20 kids, at Conn. school



Authorities: Man killed mother at home before rampage, later committed suicide

Photo by **AP/WIDE WORLD**

NOVA

Photo by **AP/WIDE WORLD**

Stop the Bleed Key Messages

Module 2
Slides 10, 12

Personal Safety

1. Protect yourself
2. Protect victims
3. Protect others

What should you do first?

In a group



Designate 1
person to call
9-1-1

While
others
assist
victims

By yourself



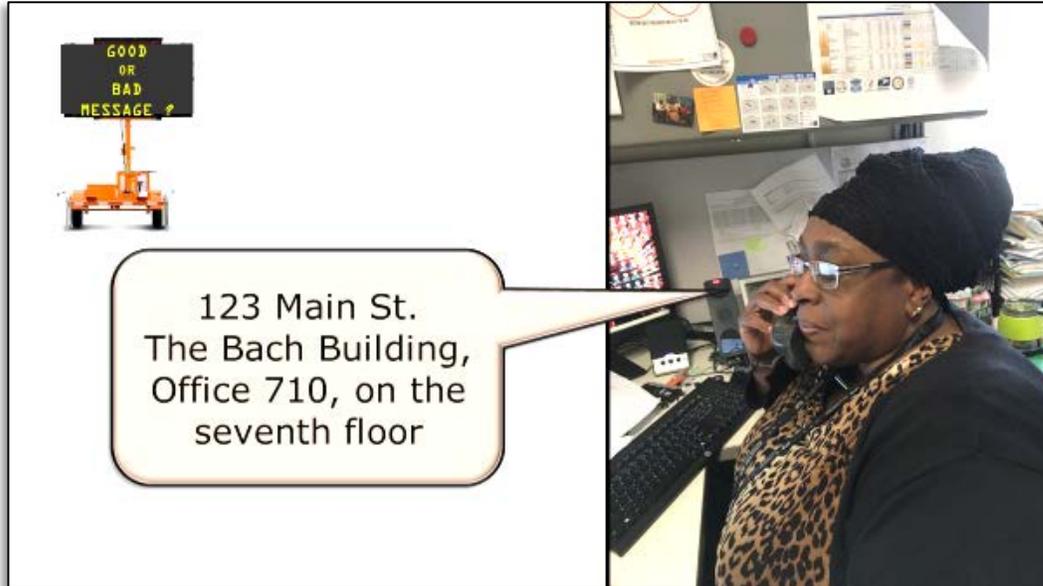
Manage
bleeding

Then call
9-1-1

- Taught to all responders
- Follows CPR training
 - Concept already familiar to students

Stop the Bleed Key Messages

Module 2
Slides 15, 16



- Activity in first ten minutes

Stop the Bleed Key Messages

Module 2
Slides 17, 18

GOOD
OR
BAD
MESSAGE ?



Construction site on 17
Beethoven Rd
I'll have someone meet
you and guide you in



GOOD
OR
BAD
MESSAGE ?



OK, what's our
location right now?



Stop the Bleed Key Messages

Module 2
Slides 22, 24

Interacting with Victims

- Introduce yourself
 - Calms yourself
 - reassures victim
- Tell them your intent
- Be truthful
- Describe what you're doing

I'm going to put
a tourniquet on
your leg



Moving Victims

Clothes Drag

Blanket Drag



- New concept to most students

- We argued about this

Stop the Bleed Key Messages

Module 3
Slides 30, 31

Evaluating Bleeding

What is a minor wound?

What is a serious wound?

When do I use a tourniquet and when do I use direct pressure?



Evaluating Bleeding

MINOR WOUNDS

- Able to cover wound with palm of one hand
- Wound edges close together
- Slow oozing

SERIOUS WOUNDS

- Amputation or obviously severe wound
- Spurting blood
- Wound edges distant
- Direct pressure ineffective after 5 minutes

- Anticipated these questions; thought we'd address them up front
- Research on this yielded multiple results

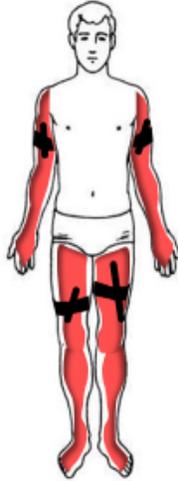
Stop the Bleed Key Messages

Module 2
Slides 41, 47

Wound Location: Summary

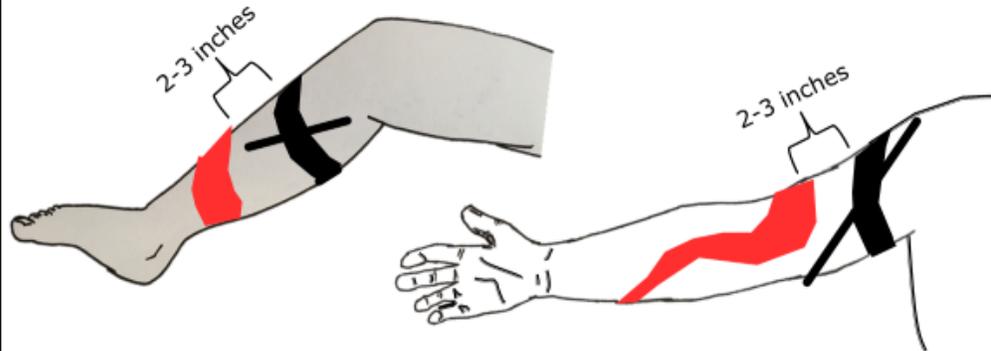
Key Point

Apply tourniquets
to arms and
legs only



Tourniquet Placement

2-3 inches above the wound



- Original presentation, 12 slides
- Cut to 6

- Broad variance in recommendations

Stop the Bleed Key Messages

Module 2
Slides 45, 56, 59

Direct Pressure

Let's practice !

- Use Handout #2
- Break into pairs
- Practice Direct Pressure on your partner using compress materials
- Switch roles and repeat
- 5 minutes per pair

Tourniquets

Let's practice Commercial Tourniquet !

- Use Handout #2
- Break into pairs
- Practice commercial tourniquet application on your partner
- Switch roles and repeat
- 10 minutes per pair

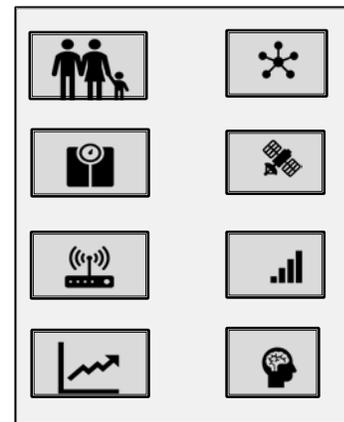
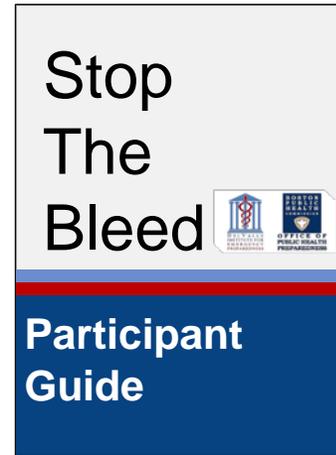
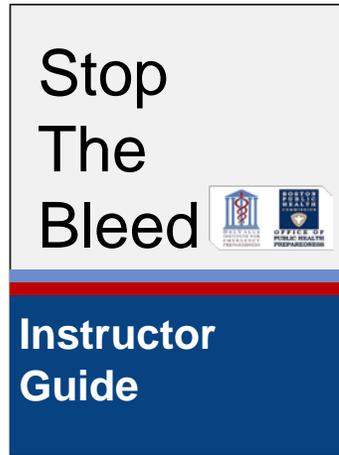
Tourniquets

Let's practice ! Improvised Tourniquet

- Use Handout #3
- Break into pairs
- Practice improvised tourniquet application on your partner
- Switch roles and repeat
- 10 minutes per pair

- Activities – bulk of course
 - Experiential training
- Handouts align with activities

Recommended Training Materials



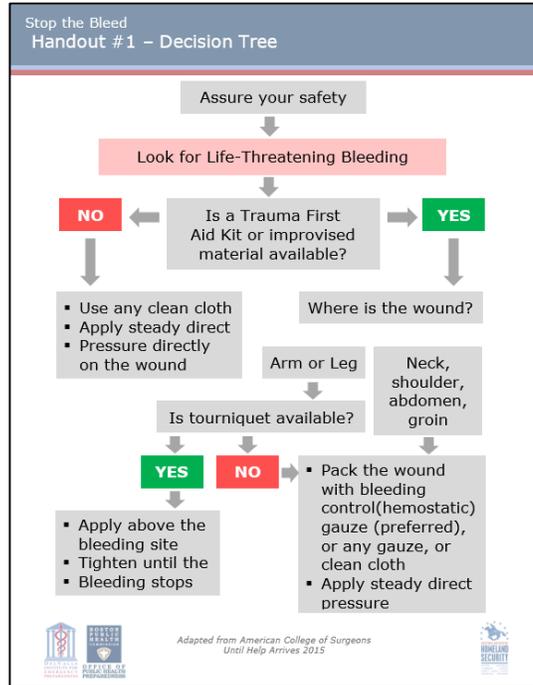
Recommended Training Materials



Activity Materials

- Improvised compress
- Medical compress
- CAT (*Commercial TK*)
- Improvised TK Band
- Improvised TK Rod

Stop the Bleed Exercise Demonstration



Stop the Bleed
Handout #2 – Direct Pressure & CAT Tourniquet Application

STOP THE BLEED
SAVE A LIFE
BLEEDINGCONTROL.ORG

- APPLY PRESSURE WITH HANDS
- APPLY DRESSING AND PRESS
- APPLY TOURNIQUET

WRAP WIND SECURE TIME
CALL 911

Stop the Bleed
Handout #3 – Improvised Tourniquet Application

Examples of Improvised Tourniquet Material:

Band Examples: Neck tie, Scarf

Rod Examples: Ruler, Screwdriver

How to apply an Improvised Tourniquet:

- Wrap band **tightly** around limb, 2-3 inches above wound, Tie a knot.
- Place rod on top of knotted band. Tie loose ends over top of rod.
- Turn rod until bleeding stops.
- Wrap loose ends around rod. Knot on side to secure rod.

Questions?



Thank you for participating

To access our presentation materials,
please visit:

<https://delvalle.bphc.org/PrepSummit2018>

For further questions or comments, please contact:

Office of Public Health Preparedness
www.bphc.org/preparedness

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Preparedness
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<https://delvalle.bphc.org>

