

JOINING THE STOP THE BLEED PROGRAM



Authors: Kathryn C. Whalen, DNP, RN, FAHA, Maureen Farrow, BSN, RN, and Richard Kelly, NRP, Weymouth, MA

Section Editors: Andrew D. Harding, DNP, RN, CPHQ, FACHE, FAHA, FAEN, and Kathryn C. Whalen, DNP, RN, FAHA

Our community trauma center has seen the benefits of prehospital tourniquet application by both EMS and laypersons who acted as first responders in cases of severe accidental injuries. The scope of these particular mechanisms of injuries ranged from boating and motorcycle accidents to accidents in the home.

After the tragic mass casualty incident at Sandy Hook Elementary School in Newtown, CT, the American College of Surgery (ACS) organized for the development of what is known as the Hartford Consensus.^{1,2} The Stop the Bleed (STB) campaign was established and continues to influence education outreach programs.^{3,4} As nurses working in an American College of Surgeons (ACS)-verified trauma center, we realized our duty to get involved.⁵

The purpose of this article is to promote a community outreach project utilizing the STB program at a suburban level II trauma center located south of Boston in Massachusetts.

We mobilized a cohort of ED nurses and local paramedics to take the Bleeding Control (B-Con) Basic Course.⁶ A framework for the instructor development was promptly achieved; among the ED nurses were Trauma Nurse Core Course-verified providers and instructors, along with the paramedics who were Prehospital Trauma Life Support instructors.^{7,8} Therefore, this convenient group could meet ACS requirements to teach external hemorrhage control after the successful completion of a B-Con Provider Course.⁹

Teaching to the ACS course standards required accessing the essential equipment and materials.¹⁰ Initially we borrowed the manikin limbs manufactured for teaching

bleeding control skills from our local EMS colleagues. Subsequently we acquired additional training supplies through a successful proposal to the hospital donation fund reserved for education.

The first B-Con Basic Courses were taught to other emergency nurses, medical surgical nurses, intensive care nurses, medical students, and our local fire department EMS agencies on the hospital campus. Marketing tools ranging from simple signage to social media used within the facility supported the task of engaging our colleagues to take the B-Con Basic Course and learn the hemorrhage control didactic knowledge and psychomotor skills.¹⁰

The next steps were to reach out to school nurses as our community priority.¹¹ Offering to bring the STB program to the school setting and the town nurse meetings proved to be optimal for all of our scheduling logistics. Our message was consistent to share the opportunity for this bleeding control STB program, as the instructors were eager and willing to return for additional education.

Soon this network matured, more contacts were realized, and the instructor cohort has since taught the B-Con Basic Courses to high school students and their teachers and regional school nurses, along with teachers in a pre-school setting.¹² Additional courses were requested and held for members of law enforcement and Guardsmen at our local US Coast Guard Station.

This collective effort ultimately provided a foundation for the development of an interprofessional community outreach program in our organization. Without the strong support of our trauma surgeons teaching with us at the community locations and our EMS and ED nurses, the feasibility of monthly offerings of a community STB program would not have been sustainable.

An interprofessional team provided added value, because each of us could bring our own experiences and expertise to the audiences. Over a 12-month period, this STB community outreach project has taught and ensured the course standards and completed the required instruction, and the participants demonstrated the psychomotor skills for the bleeding control techniques: applying direct pressure, wound packing, hemostatic dressings, and tourniquet application.

In total, over 14 months, B-Con Basic Course certificates were given to 242 successful participants. Because completion of the STB course provides this certificate, our

Kathryn C. Whalen, *Member, Mayflower Chapter*, is Trauma Program Manager, South Shore Hospital (South Shore Health), Weymouth, MA.

Maureen Farrow is Trauma Program Injury Prevention Coordinator, South Shore Hospital (South Shore Health), Weymouth, MA.

Richard Kelly is EMS Logistics and Simulation Director, South Shore Hospital (South Shore Health), Weymouth, MA.

For correspondence, write: Kathryn C. Whalen, DNP, RN, FAHA, South Shore Hospital, 55 Fogg Rd, Weymouth, MA 02090; E-mail: kcullinanewhalen@southshorehealth.org.

J Emerg Nurs 2019;45:200-1.
0099-1767

Copyright © 2018 Emergency Nurses Association. Published by Elsevier Inc. All rights reserved.

<https://doi.org/10.1016/j.jen.2018.12.014>

optimistic expectations were for this to support further marketing and advocacy for the course.

Initially our community outreach program actively engaged others to participate, but ultimately the interprofessional STB team approach sustained our goals.

Emergency nurses and this interprofessional team were welcomed by every audience. Please go to <https://BleedingControl.org> to find the next course and, if you are able, become an STB instructor.^{13,14}

REFERENCES

- Jacobs LM, McSwain Jr NE, Rotondo MF, et al. Improving survival from active shooter events: the Hartford Consensus. *J Trauma Acute Care Surg.* 2013;74(6):1399-1400.
- Jacobs LM, Burns KJ. Tourniquet application training for individuals with and without a medical background in a hospital setting. *J Trauma Acute Care Surg.* 2015;78(2):442-445.
- Goolsby C, Jacobs L, Hunt RC, et al. Stop the Bleed Education Consortium: education program content and delivery recommendations. *J Trauma Acute Care Surg.* 2018;84(1):205.
- Moore K. Stop the Bleeding: the Hartford Consensus. *J Emerg Nurs.* 2017;43(5):482-483.
- American College of Surgeons, The Committee on Trauma. Searching for verified trauma centers. <https://www.facs.org/search/trauma-centers>. Accessed December 20, 2018.
- American College of Surgeons, The Committee on Trauma. Bleeding Control.Org. <https://www.bleedingcontrol.org/>. Accessed December 20, 2018.
- Emergency Nurses Association. Trauma Nursing Core Course. <https://www.ena.org/education/tnc>. Accessed December 20, 2018.
- National Association of Emergency Medical Technicians. Prehospital trauma life support. <https://www.naemt.org/education/phlts>. Accessed December 20, 2018.
- American College of Surgeons, The Committee on Trauma. Bleeding Control Basic (BCon) Course v. 1.0 Instructor information. <https://www.bleedingcontrol.org/~ /media/bleedingcontrol/files/private/bleeding%20control%20basic%20instructor%20guide.ashx>; 2017. Accessed December 20, 2018.
- American College of Surgeons, The Committee on Trauma. Teaching bleeding control. <https://www.bleedingcontrol.org/~ /media/bleedingcontrol/files/private/bleeding%20control%20basic%20course%20guidelines.ashx>. Accessed December 20, 2018.
- Snow SK. ENA position statement: The role of the emergency nurse in injury prevention. *J Emerg Nurs.* 2018;44:640-644.
- Cunningham A, Auerbach M, Cicero M, Jafri M. Tourniquet usage in prehospital care and resuscitation of pediatric trauma patients—Pediatric Trauma Society position statement. *J Trauma Acute Care Surg.* 2018;85(4):665.
- American College of Surgeons, The Committee on Trauma. Bleeding-control.org class search. <https://cms.bleedingcontrol.org/class/search>. Accessed December 20, 2018.
- Blank-Reid C. Helping those who are brought into a closer connection with you. *J Trauma Nurs.* 2017;24(5):287-289.

Submissions to this column are encouraged and may be sent to **Andrew D. Harding, DNP, RN, CPHQ, FACHE, FAHA, FAEN** ADHardingRN@gmail.com
or
Kathryn C. Whalen, DNP, RN, FAHA katewhalenrn@aol.com