

Stop the Bleed® Course Scenario Activity

Resources:

Case Study Cards (see attached)

Space Required:

Small. Classroom or training room.

Group Size:

6-8 people per group

Total Time:

15-20 minutes

- 2 minutes to introduction and setup
- 5 minutes per case study for analysis and discussion (based on 3 case studies)

Case Study Setup:

- Assign the class to groups of 6-8
- There will be multiples of the scenario cards in the event there are more than 3 groups.

Case Study Instructions

This portion of the program can be delivered two different ways. The choice will be based on available time. The first way is to simply provide the group with a scenario and let them discuss it together as one big group. The alternative is to split the group into smaller sub-groups and provide each group with the scenario. Once all groups have an opportunity to analyse and discuss the scenario, ask each group to present their findings back. This is a good way to get participants that are less likely to open up in bigger groups involved.

Speaker: "We are going to run through three case scenarios in which bleeding is a primary concern. Your task is to review the scenario and determine the best course of action. Your group will read through the scenario and discuss the possible strategies. You have 5 minutes for this scenario before we move on to the next. Any questions?"

When introducing the scenario, ask the group to think about the following 5 questions:

- **Can you identify the bleeding?**
- **Is this major bleeding or minor bleeding?**
- **Where do you think the bleeding is coming from?**
- **What can you do to stop the bleed?**
- **What can you learn from this scenario?**

Facilitator Notes for Each Scenario:

Scenario #1: What do you do?

- ABC. If concerned, call 911.
- Next, identify the bleeding.
- Is this major bleeding or minor bleeding?
- Where do you think it's coming from?
- Face, scalp, neck?
- Can be difficult on the scalp with hair in the way, but do your best to localize the wound as precisely as possible.
- Apply direct pressure.

Scenario #2: What do you do?

- ABC. If concerned, call 911.
- Next, identify the bleeding.
- Is this major bleeding or minor bleeding?
- Where do you think it's coming from?
- Remove pants or rip the existing tear wide open.
- There appears to be a deep, clean, cut about 5cm long.
- What's the first thing you're going to try? Pressure.
- You push down hard, but there's still lots of blood welling up around your hands. What next? Packing.
- You grab a dish towel and starting from the corner of the towel you pack the wound from the bottom up. Does it matter if it's dirty?
- When you can't fit any more in, you apply pressure over top.
- What if you had a tourniquet? This may be an appropriate use, depending on how accessible it is and how much bleeding there was.
- What if the knife was still embedded in the wound? Don't remove it! You can apply pressure from either side of the leg or attempt to pack around the knife first.

Scenario #3: What do you do?

- ABC. If concerned, call 911.
- Next, identify the bleeding.
- Is this major bleeding or minor bleeding?
- Are you sure you've identified all their injuries?
- What are you going to do next?
- This would be a perfect time to use a tourniquet if you have one available.
- If not, direct pressure against the forearm stump.
- If you can clearly see a single large artery that is spurting and responsible for most of the blood loss, you can direct your pressure there.
- While waiting for EMS to arrive, the victim becomes less talkative and seems to be getting drowsy. What's going on? Have you missed any injuries?
- What do you do about the severed arm? Send with EMS to the hospital. If ice is available, wrap the arm in a towel before putting on ice to prevent frostbite.

STOP THE BLEED® SCENARIO #1: HEAD'S UP!!



A 4-year-old child is running around the house, trips, falls, and hits their head on the corner of a coffee table. They begin to cry, and as you run over you notice blood running down their face, and that their hair appears soaked in blood. What do you do?



- **Can you identify the bleeding?**
- **Is this major bleeding or minor bleeding?**
- **Where do you think the bleeding is coming from?**
- **What can you do to stop the bleed?**
- **What can you learn from this scenario?**

STOP THE BLEED® SCENARIO #2: WHAT'S FOR DINNER??



Your partner is preparing dinner when you hear a scream from the kitchen. You rush in to find them clutching their thigh, and notice their pants are stained red. There is a large knife lying on the floor. You remove pants or rip the existing tear wide open. There appears to be a deep, clean, cut about 5cm long. You push down hard, but there's still lots of blood welling up around your hands. What do you do?



- **Can you identify the bleeding?**
- **Is this major bleeding or minor bleeding?**
- **Where do you think the bleeding is coming from?**
- **What can you do to stop the bleed?**
- **What can you learn from this scenario?**

STOP THE BLEED® SCENARIO #3: ON THE ROAD AGAIN



You're driving on the highway behind a motorcyclist who loses control and falls, sliding 50m along the pavement before landing in the ditch. You pull over to assist, and notice that their right arm has been amputated around the middle of the forearm. They are wearing a helmet. There is blood spurting from the wound. What do you do immediately? While waiting for EMS to arrive, the victim becomes less talkative and seems to be getting drowsy. What's going on? Have you missed any injuries? What do you do about the severed arm?



- **Can you identify the bleeding?**
- **Is this major bleeding or minor bleeding?**
- **Where do you think the bleeding is coming from?**
- **What can you do to stop the bleed?**
- **What can you learn from this scenario?**