



Implementing Stop the Bleed at Skidmore College

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Abstract

Stop the Bleed is a national initiative to increase bystander awareness on how to control a life-threatening hemorrhage, a skill that is becoming more imperative with the increase in mass casualty incidents. Skidmore College Emergency Medical Services (SCEMS) brought Stop the Bleed to Skidmore, an upstate New York liberal arts college. In celebration of National Collegiate EMS Week in November 2017, our team certified over 60 members of our Skidmore community as per guidelines established by the American College of Surgeons. To make bleeding control equipment more accessible, we petitioned for \$5,000 for the purchase of kits to be placed around campus, which was incorporated into the Skidmore Campus Safety 2018 budget proposal. A Community Education Division within SCEMS was established to continue Stop the Bleed trainings with specific future goals of tailoring trainings to Skidmore professors and faculty members, certifying all of the Skidmore College athletic teams, and holding trainings at local high schools in the Saratoga county region.

Introduction

With increasing incidents that can cause a hemorrhagic bleed—such as natural disasters and mass shootings—the need for bleeding control education is becoming more urgent. Proximal extremity vascular trauma can be fatal in less than 5 minutes, making the management of a hemorrhage prior to arrival of law enforcement and emergency response a life-saving skill.¹ Stop the Bleed is a national campaign launched by the Department of Homeland Security in 2015 to raise awareness and encourage education for the management of life-threatening bleeds (Figure 1).² Inspired by

Binghamton University's presentation at the 2017 NCEMSF conference, Skidmore College Emergency Medical Services (SCEMS)

brought the Stop the Bleed program to Skidmore, a small college of 2,500 students. For National Collegiate EMS week in November 2017, SCEMS launched the campaign with 20 free trainings covering direct pressure, tourniquet usage and improvisation, and wound packing. In accordance with the guidelines established by the American College of Surgeons, over 60 members of the Skidmore community, including students, professors, faculty, and local high schoolers, became bleeding control certified within that first week. In an effort to provide accessible bleeding control equipment, kits will be purchased to be installed around campus.



Figure 1 The logo for the national Stop the Bleed initiative established by the US Department of Homeland Security

Development/Implementation

Our Stop the Bleed campaign was made possible by 16 SCEMS bleeding control instructors certified by the American College of Surgeons. Over the first week, 20 free 45-minute long trainings were offered and publicized through a poster campaign, tabling events, and social media sites (Figure 2). After training 60 community members in the first week, an additional 10 Skidmore faculty members were certified through a requested training at our on-campus child care center (Figure 3).

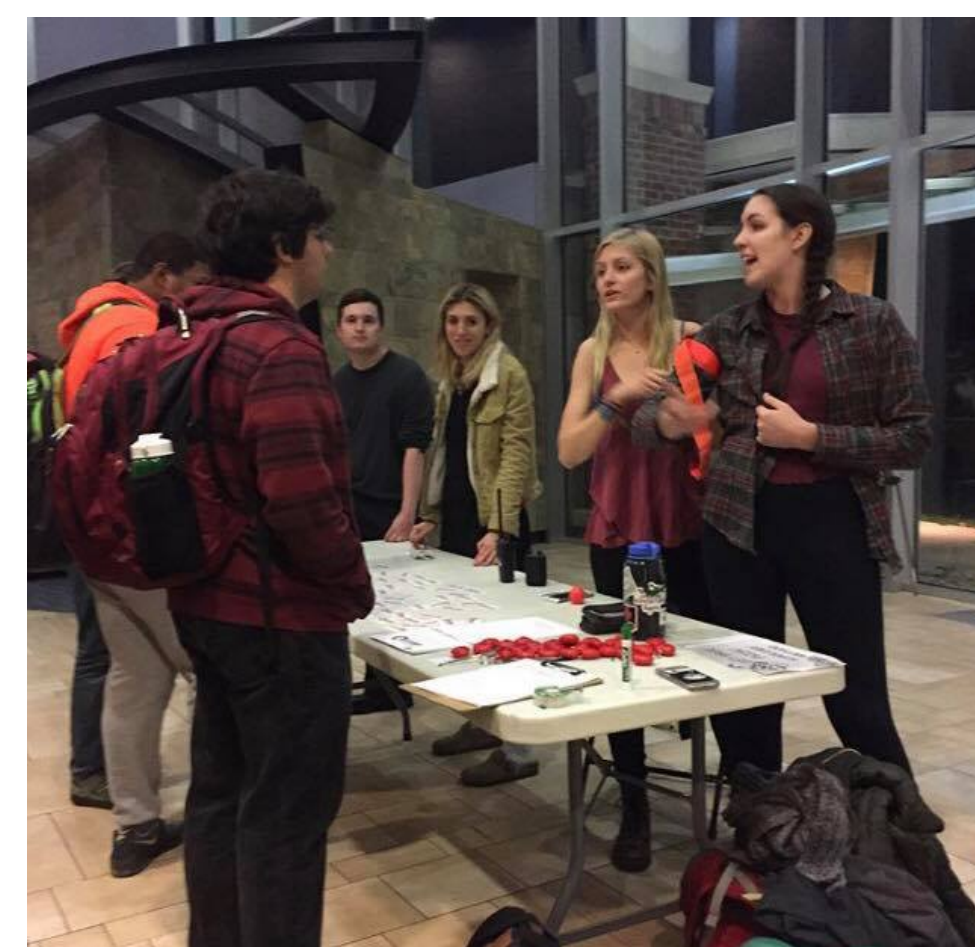


Figure 2 A Skidmore Stop the Bleed tabling event at the Murray-Aikins Dining Hall



Figure 3 A SCEMS Stop the Bleed training for the faculty of Greenberg Child Care Center at Skidmore

We organized Stop the Bleed kits to be put up around campus. Each kit will include a CAT tourniquet, gauze for wound packing, gloves, trauma shears—to cut clothing and find the site of the bleed, a sharpie, and an instructional booklet. A total of \$5,000 was incorporated into the Skidmore Campus Safety 2018 budget proposal for the purchase and installation of kits next to AEDs in public buildings.

Evaluation of Trainings

Effective layperson bleeding control in an out-of-hospital environment depends on the knowledge and skill set of the bystander. To assure quality in preparing students to use bleeding control equipment and techniques, instructors assessed students' competencies in direct pressure, tourniquet application, and wound packing during the practical skills portion of our Stop the Bleed trainings prior to awarding certification (Figure 3). All students who have taken our courses have fulfilled these criteria (Table 1).

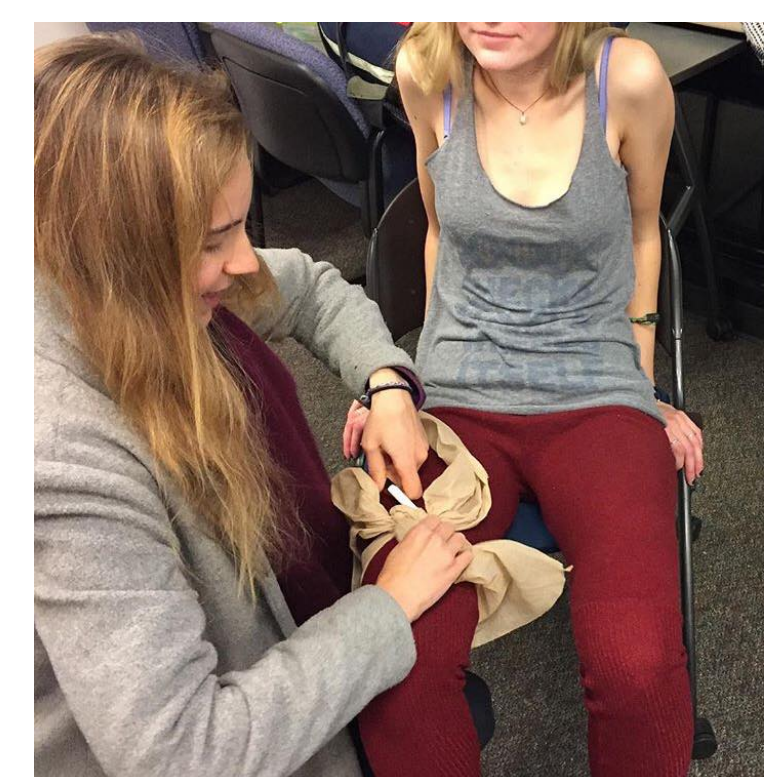


Figure 3 A SCEMS bleeding control instructor practicing an improvised tourniquet

Table 1 Bleeding control techniques and corresponding evaluation parameters in the hands-on portion of Stop the Bleed trainings

Skill	Criteria for Bleeding Control Certification by SCEMS
Direct Pressure	Does not release pressure to check injury site Positions body over injury site to promote greater direct pressure
Tourniquet Application (Commercial and Improvised)	Applies in less than 30 seconds Tightens until there is cessation of instructor's distal pulse
Wound Packing	Initiates direct pressure on injury site Feeds gauze into injury while maintaining direct pressure

Discussion and Future Goals

We trained over 60 students and faculty as well as an additional 10 teachers at the preschool on campus. Just as CPR is marketed and taught as an important and life-saving skill, bleeding control is a skill that can be feasibly taught to a bystander and can save a life. Performing CPR on a cardiac arrest patient outside of the hospital provides a less than 10% chance of reversal.³ If someone is suffering from a hemorrhaging arterial bleed, the correct application of a tourniquet will save their life. Looking forward, we established a Community Education Division within SCEMS to continue to offer free monthly bleeding control trainings (Figure 5). In the aftermath of the mass shooting at Marjory Stoneman Douglas High School in Parkland, Florida in February 2018, we offered one training a day for the next week for any Skidmore community member who wished to take action in increasing emergency preparedness. In the future, we have goals



Figure 5 Members of the Community Education Division with other SCEMS bleeding control instructors

to design courses specifically for Skidmore professors and faculty members, to certify all of the Skidmore College athletic teams, and to hold trainings at local high schools in the Saratoga county region. Although our aim is to educate as many members of our community as possible, even educating one person makes a difference.

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Contact

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