

**FOOTHILL COLLEGE EMS PROGRAMS
HEMORRHAGE CONTROL / TOURNIQUET USE / WOUND PACKING
AND PRESSURE DRESSING
SKILLS LAB**

PERFORMANCE OBJECTIVE

Students will demonstrate their ability to assess and treat a patient suffering a significant bleeding wound, which requires the use of a tourniquet. Students must know how to apply both a “Combat” and Improvised style tourniquet for testing.

- Taking more than 1 minute to apply a tourniquet is a “FAIL” for this skill.
- The student will proceed to packing the wound utilizing roller bandage. Taking more than 3 minutes to pack the wound is a “FAIL” for this skill.
- Failure to apply a pressure dressing in 2 minutes or less is a “FAIL” for this skill.

CONDITIONS

The patient is conscious, sitting, with a significant bleeding wound from the lower leg. The scene is safe. The treatment will be performed on a student or proctor.

EQUIPMENT

EMS Jump Bag PPE Commercial tourniquet and Improvised tourniquet commercial pressure dressing / ACE / roller / triangular Bandage

STANDARDS

The standards are incorporated into the checklist to be used by the scorer.

SKILLS PRACTICE SHEET
States: “I perform PENMAN” and reports the patient’s General Impression
Introduces self -States: “Hello, my name is _____ I’m an EMT. I’m going to help you.”
States: “I would complete an initial assessment. This patient is in distress and has uncontrolled bleeding.”
States: “I would collect field dressings (various sizes), roller bandages, etc”
Performs: I apply direct pressure to the bleeding wound. If bleeding does not stop, apply a tourniquet.
Combat Tourniquet Two-Handed Application Use
Performs STEP 1: Route the band around the limb, pass the red tip through the slit of the buckle, and position the Combat tourniquet a minimum of 2 inches above the bleeding site directly to the skin
Performs STEP 2: Pull band tightly and fasten it back on itself all the way around the limb, but not over the rod clips. Band should be tight enough that the tips of the three (3) fingers cannot be slid between the band and the limb. If the tips of the three fingers slide under the band, retighten and re-secure.
Performs STEP 3: Twist the rod until bleeding has stopped
Performs STEP 4: Secure the rod inside a clip to lock it in place. Check for bleeding and distal pulse. States: If bleeding is not controlled, or distal pulse is present consider additional tightening or applying a second Combat tourniquet above and slide-by-side to the first. Resasses INSTRUCTOR: Monitor the distal pulse, and prompt the student when it is no longer palpable. Use care to not let the student over-tighten the Combat. In training sessions, if pain becomes too severe, discontinue the tourniquet application.
Performs: Route the band between the clips and over the rod. Secure rod and band with “TIME” strap. Record time of application.
States: “I would document placement and time of tourniquet”
States: If I cannot be sure, or unable to assess the patient to determine where bleeding is coming from based on the situation. I will apply tourniquet over clothing as high on the arm or leg as possible. I will assure that it is NOT over solid objects in the clothing. As soon as the situation permits I will re-evaluate the tourniquet and reposition a minimum of 2 inches above the wound.
Wound Packing

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Performs: Expose the simulated injury by opening or cutting away the casualty's clothing.
States: If possible, remove excess blood from the wound while preserving any clots in the wound that may have formed.
Performs: Remove gauze from package and avoid contamination, drape over shoulders or neck
Performs: Locate the source of the most active bleeding and apply direct pressure quickly to stop the bleeding with a gloved hand. Hold direct pressure for a minimum of 3 minutes (if tactically feasible). States: Reassess for bleeding control.
Performs: Feed string of gauze into wound without releasing pressure of bleeding vessel. Use the finger over finger technique.
States: "I would use additional gauze as needed to stop any continued bleeding.
Pressure Dressing
Performs: Leave gauze in place and secure with a pressure dressing
Performs: Utilizing commercial pressure dressings or combination of bandaging material to create a pressure dressing, i.e. gauze and triangular bandage, or roller bandage
States: "I would reassess frequently, note any changes, and maintain patient's temperature"
States: "I would transport patient and document tourniquet placement, and/or wound packing time on the PCR."

Critical Criteria:

- Failure to state, I would perform PENMAN
- Failure to quickly address bleeding wound
- Failure to properly apply Combat or manual tourniquet
- Fails to apply tourniquet in 1 minute or less
- Failure to properly pack wound in 3 minutes or less
- Failure to apply a pressure dressing 2 minutes or less
- Failure to reassess the patient and provide supportive care, and immediate transport
- Failure to manage patient as a competent EMT