

# **Bleeding**

## **Definition:**

Bleeding is the expenditure of blood from the circulatory system.

Bleeding can be internal, when blood drips from blood vessels, or external via natural openings like the vagina, anus, mouth, ears, and nose or through skin lesions or lacerations.

## **Treatment:**

### **In case of severe bleeding, you should:**

- Stop the flow of blood. Do not forget to use disposable gloves, if available, to decrease the risk of contamination or cross-infection.
- Check if there is something in the lesion. If nothing is found, compress it with your hands using a clean gauze or pad and then apply a dressing.
- If you suspect there is something in the wound, do not press on it. Press tightly on both sides of the object found. Do not put any pressure on the object itself.

### **In case of a nosebleed, you should:**

- Make sure the patient is sitting down. Don't let him stand.
- Inform him/her to hold the head down to let the blood flow out from the nostrils.
- Inform him/her to pinch the end of the nose and keep on breathing normally through the mouth.
- Release the pressure after seven to ten minutes. If the bleeding continues or reoccurs, reapply the pressure for another five minutes.
- If bleeding continues, seek medical help.