

Bleeding

Definition:

Bleeding is the process of blood loss 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. When a large blood vessel is cut or torn, the person can lose a lot of blood within minutes.

Treatment:

- After wearing a disposable glove, put a dressing on the wound. Apply direct pressure to the dressing. Use the fat part of your fingers or the palm of your hand.
- If the bleeding does not stop, add more dressing on top of the first and press harder until it stops bleeding.
- If you can't keep pressure on the wound, wrap a bandage firmly over the dressing to hold the dressing in place.

Using Tourniquets:

- If an arm or leg has severe bleeding and you cannot stop the bleeding with direct pressure, you can use a tourniquet.
- Place the tourniquet 5 cm above the injury.
- Tighten the tourniquet until the bleeding stops.
- Note the time that the tourniquet was applied.
- Send him or her to the ER and leave the tourniquet on until someone with more advanced training takes over.

Bleeding From The Nose:

- Inform the person to press both sides of the nostrils as he or she sits and leans forward.
- Inform the person 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 for more than 15 minutes or the person has trouble breathing, send him or her to the hospital.