

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 putting on a disposable glove, place a dressing on the wound and apply direct manual pressure.
- 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.
- If available, a hemostatic dressing can help improve the effectiveness of direct manual pressure.

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 the person to the ER and leave the tourniquet on until someone with more advanced training takes over.

Nosebleed (Epistaxis):

Causes:

- Forceful nose blowing
- High blood pressure
- Dry weather conditions
- Trauma to the nose or head
- Bleeding disorders

Treatment:

- Have the person sit with his or her head slightly forward and pinch his or her nostrils for 10 to 15 minutes.
- If bleeding continues for more than 15 minutes or the person has trouble breathing, send him or her to the ER.

- Once you have controlled the bleeding, advise the person to avoid rubbing, blowing, or picking his or her nose.
- If the person becomes unresponsive, place him or her in the recovery position to allow blood to drain from his or her nose.
- If the nosebleed was caused by a severe head injury, do not pinch the nose and send him or her to the ER immediately.