

## Brittany Bankhead, M.D.

What are some bleeding injuries that may occur around the house?

00:06

Injuries that can happen around the house that can lead to bleeding include knives that go awry. And sometimes those are sadly unintentional, and an incidence of violence, whether it's domestic or random. Certainly, that's something you maybe see in the news or would think about in a movie. But I think everyone forgets that knives can also lead to accidental injuries, and people accidentally cut their wrists or their legs or their fingers or other body parts that was not intended, because of substance abuse or alcohol or just pure accident. So these things happen, not infrequently. Also using heavy machinery or equipment, like lawn mowers, cars that aren't parked correctly and can run over limbs or people or little ones. Yeah, I think those be the main ones that we see around the house. And then obviously, pool injuries and things that happen around the pool, slick pavement can lead to falls and lead to head bleeds.

What injuries can cause bleeding and what can happen if it's not stopped or controlled at the trauma site?

01:26

Everyone thinks it's going to be some big event that can lead to bleeding, but sometimes it's very small events. So like I talked about a little bit earlier, knives around the kitchen, and just getting too quickly with cutting the vegetables that day can lead to very serious, quick bleeding. And knowing how to stop that is really important. If you're out at a lake house for the weekend, and someone's on a jetski. And they accidentally fall and hit a propeller on an adjacent water vehicle that can cause life threatening bleeding very quickly. Also, obviously, with our day and age, you never know when a mass casualty situation will happen, unfortunately, and so churches, concerts, malls, restaurants, all these places where people go every day, as we should, there have been people there who have been victims of violence and their neighbors who are okay in that accident, have had the opportunity to help stop their bleeding and help save their lives. So that's, those are all really important examples of people living their everyday lives. Who if they have the tools to know how to stop a bleed, can absolutely save a life and give EMS time to bring those people to us. So that we can then definitively stop that bleeding and help them.

What is Stop The Bleed and why is it important to know?

03:02

So stop the bleed month is in May and stop the bleed day is actually May 19th. And our governor in Texas actually declared this national stop the bleed month as well. He recognizes it's important and it's need for all of our people to know. And so and not just healthcare workers. So it's really important because the kind of like I've said, you have the ability as someone who has gone through stop the bleed training. To literally save a life. People always look to doctors and nurses and health care workers and think it's so cool. You do what you do every day. And it's so neat that you can help save lives. But this program really turns that back around on everyone else in our population regular, everyday people who are students or teachers or work at a grocery store or work at the postal office and put all of those tools in their hands. With or without medical training. If you have this stop the bleed training, you have the ability to stop a bleed and whether it's a scary mass casualty event with gunshot wounds or stab wounds in a time that you never expected or if it's a motor vehicle accident on the side

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of the road and a tire went awry or something accidentally slice somebody's leg. You have the ability to save a life and to stop bleeding and to give EMS time to get there. And then they can bring that patient to us. And that's something that we can't control. We can't control the amount of time from the time of injury until they get to us at our hospital. And so you as someone who is stop the bleed trained can effectively provide that and give that patient their life back.

**Can anyone attempt to stop a bleed or tie a tourniquet without really knowing how or is there a danger of doing more damage?**

05:10

If you've taken a CPR course, you know that if you see someone down and they're without a pulse, their heart has stopped, you need to do chest compressions. And it needs to be an effective chest compressions. So it needs to go down a certain amount of way, in order to make the heart pump effectively and to get blood to the rest of the body. That's a fact we know that it has to go down a certain amount. If you don't pump hard enough, you won't pump the heart, and it won't get blood to where it needs to go. So is it better to pump and pump hard enough? Or is it better to not do anything at all? And really, that comes down to what you've got in the moment, and just giving it your best, even if you don't know. I will say that if someone else is around who knows how to do CPR, then you should probably let them do it if they know how to effectively do it. So the same goes with stop the bleed and applying a tourniquet and packing a wound if no one else is around, and if you want to give it a go, and there's no one else that can help, then I say go for it. And you're not going to make anything worse by trying. Can you lead to long term damage, if you don't apply it correctly, maybe the jury's still out on that we haven't done enough research long term to really have all of those numbers. But tightening a tourniquet a lot, but not enough can actually stop certain types of bleeding, but make other types worse. So taking that class, getting that course under your belt to really really have all the tools to do it, I think is so important. And also packing a wound, I think a lot of people's tendencies is to grab a towel, grab something large, a big T shirt, a sweatshirt or something and kind of cover it up. So they don't have to look at it. But that's not really effective. And the wound continues to bleed, the best thing that you can do is use one finger or a little bit of gauze and stuff the wound and pack it and hold it really tight. That's the best thing you can do. It's not all these big, fluffy things that can actually lead to more bleeding than you even realize is happening. So those are things that you can learn in the course to really take your abilities up to the next level.

**What are other skills this training can give you?**

07:44

And I think the other thing the course gives you is confidence. Because you know, it's very easy. Maybe not very easy. But it's a much more ideal situation to sit in a nice room that's air conditioned, that's quiet with a teacher looking over you and saying yes, good job, you have effectively packed this wound or you have put this tourniquet on and that would have stopped the bleeding. You change that scenario to a very high stakes. Maybe sirens going off around you maybe chaos ensuing around you, maybe it's not a really safe environment, maybe there's screaming maybe there's crying, maybe there's imminent danger around you, all of those things are really going to change your confidence level just innately and so to have a course that can give you some of the strength and some of the knowledge to be able to put being scared aside and really empower you with the tools to help someone I think is the other really

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important reason to do this course and to to have a little bit of experience with that and to see engage with that would be like so that if it actually does happen, you're a little bit more equipped and ready to handle that.