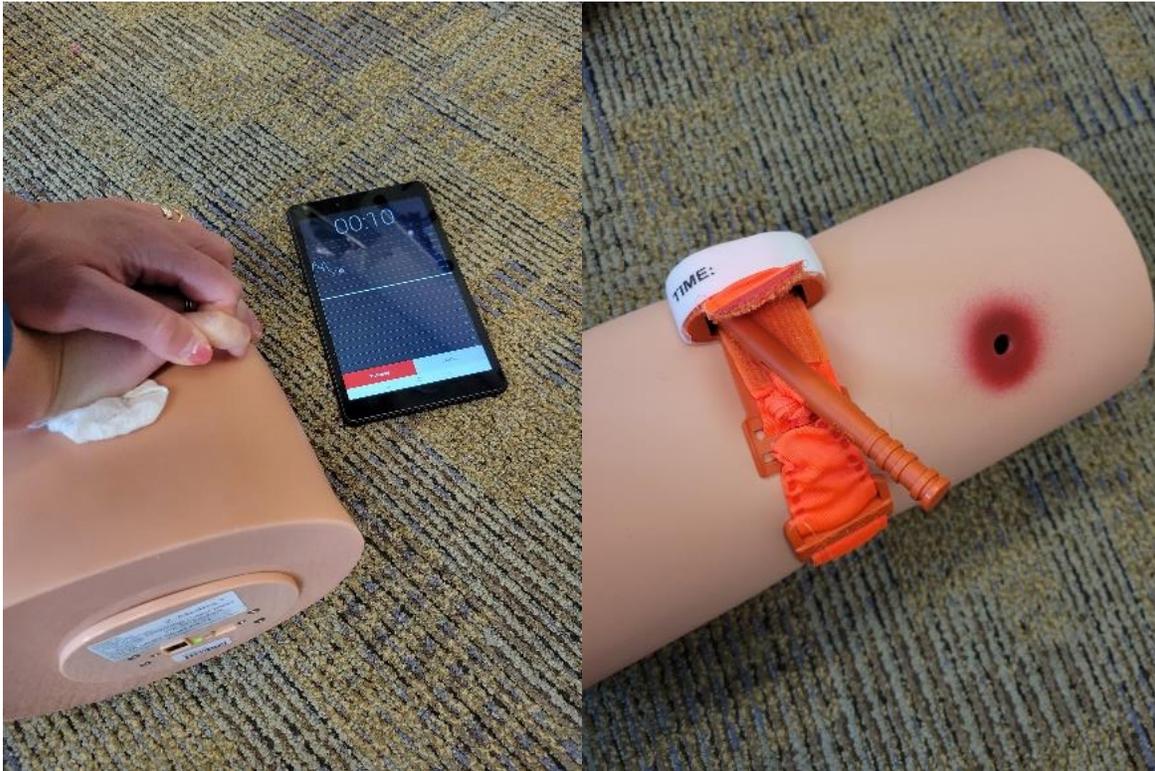


## Minutes Matter! Simulation Training Aims to Prevent Blood Loss Deaths

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*(Left image: Pressure being applied to the Biofeedback Limb Trainer.  
Right image: CAT Tourniquet secured to a training limb.  
Photography provided by Jonathan Karlen.)*

A person who is suffering from severe blood loss can bleed to death in as little as five minutes. Being able to keep blood inside of an injured person's body until they can receive medical treatment is crucial to helping them stay alive. That is the goal of [Stop the Bleed](#), a national campaign to raise awareness on how to recognize life-threatening bleeding and the interventions to save a life.

The [William S. Middleton Memorial VA Hospital](#) (VA Madison Health Care) collaborated with the University of Wisconsin-Madison Hospital and Clinics on their Stop the Bleed journey in 2020. Stop the Bleed training expanded to all community-based outpatient clinics (CBOCs) and inpatient areas, as well as recruitment of unit champions to become instructors. To date, VA Madison Health Care facility has trained 450 learners.

After the Sandy Hook school shooting, a panel of national experts came together to evaluate the response to such emergencies. Stop the Bleed is the result of a collaborative effort led by the American

College of Surgeons Committee on Trauma (ACS COT) to bring knowledge of bleeding control to the public.

### **How does it work?**

The Stop the Bleed program utilizes didactic material and simulated skills sessions. The skills sessions use simple simulation trainers and a more advanced pressure limb trainer. The simple limb trainer simulates basic wounds that the learner must provide pressure and wound packing with hemostasis gauze. The simple limb trainers are also used for combat application tourniquet (CAT) application. The learner must quickly identify a wound that requires tourniquet application and secure the tourniquet. The advanced limb trainer provides biofeedback on the learner's ability to quickly perform pressure on a bleeding wound. The limb trainer simulates a deep wound that first requires the learner to adequately pack the wound then provide direct pressure to the site. A tablet and application that comes with the limb gives visual feedback to the learner on the effectiveness of wound pressure.

Stop the Bleed training augments the HRO pillar of safety culture at the Madison VA. The training promotes awareness for early recognition of life threatening bleeding and empowers all staff members within the facility to respond to that emergency. Stop the Bleed kits, complete with Quik clot gauze and a CAT tourniquet were also deployed throughout Madison VA facilities and surrounding CBOCs. With mass causality events in the news, it is important to be vigilant of life-threatening bleeding in all populations. Through this training, our staff is better prepared with the appropriate knowledge and equipment to respond to bleeding throughout our VA facilities.