

EXTERNAL BLEEDING

*Definition:*

- This is where the blood vessels and the skin are cut and blood is escaping the body.

*Causes:*

- Damage to the skin caused by trauma. Can be a laceration (clean cut), abrasion, or avulsion (with skin still hanging).

*Helping:*

- If it's a minor bleed allow some bleeding to take place as this will help clean the wound. Then wash with warm water and soap, apply a dressing to keep it clean, change the dressing every few hours, and monitor for signs of infection.
- If the bleeding is severe than apply the RED principle:
  - Rest: make sure the person is resting so as to decrease the heart rate and blood pressure.
  - Elevate: raise the injured limb above the heart to slow down the bleeding.
  - Direct Pressure: put pressure directly over the wound to help control bleeding, tie the dressing in place. But, do not make the dressing too tight so as to restrict blood flow. Do not remove the dressing. Get medical help.

*Notes:*

- If there is an impaled object do not remove it as this can cause more bleeding. Instead, apply a dressing around the object then tie it in place to control bleeding. Take extra care not to move the object.

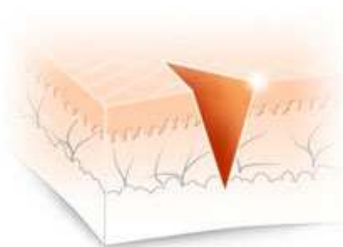
An infection has occurred if over the next few hours the wound becomes red, swollen, and fluid is produced. The infection needs to be taken care of before it becomes worse. If it has progressed to the point where the area around the wound is turning dark red or blue, or the blood vessels are changing color, medical help is needed immediately. This is now a life threatening emergency.

Different types of wounds

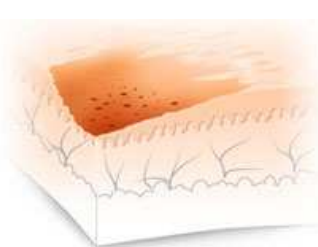
Rough Laceration



Smooth laceration



Abrasion

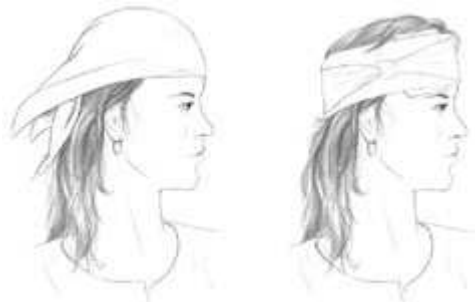


*Bandaging:*

- Bandaging is something you would do to control severe bleeding. Ideally you want to use sterile dressings but they may not be readily available so use whatever you have (e.g. towels, clothing). The idea is to put constant pressure over the cut to control bleeding. You want to tie with enough pressure to control the bleeding but not so much so that blood does not get through to the remainder of the limb. If you restrict blood flow that area may die and may require amputation, so be very careful. Once you've tied the dressing you need to check to make sure you did not make it too tight, and check this every couple of minutes. For example, if you've bandaged a forearm here's how you check for circulation:
  - Compare both hands to make sure they are similar in temperature and color.
  - Check the hand to make sure it is not swelling or turning blue.
  - Ask the person if the hand feels numb or tingly.
  - If they lose sensation then it's too tight. Do not remove the bandage but loosen it a bit.
  - If the first dressing becomes soaked with blood then simply put another one on top. Do not remove the original one as you will be reopening the wound.

*Notes:*

- Always use caution when dealing with bodily fluids. Wear gloves and wash your hands immediately after.
- Keep in mind that the injured person may go into shock.



Amputation (e.g. a finger): treat the injured body part as you would any other cut. Then take the amputated body part and place it in a clean plastic bag. Take that first bag and place it in a second plastic bag containing ice. Make sure it goes to the hospital with the person, as they can sometimes reattach the body part.

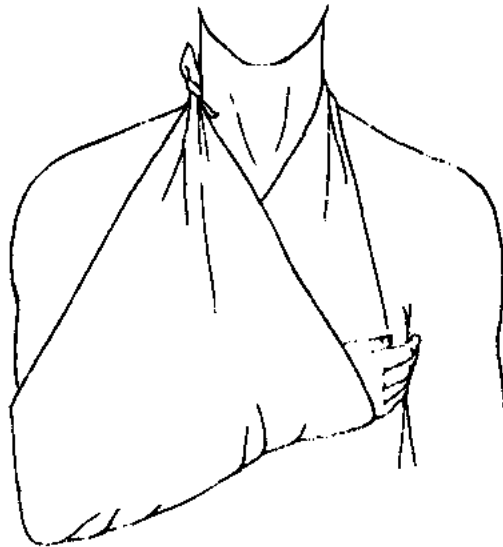
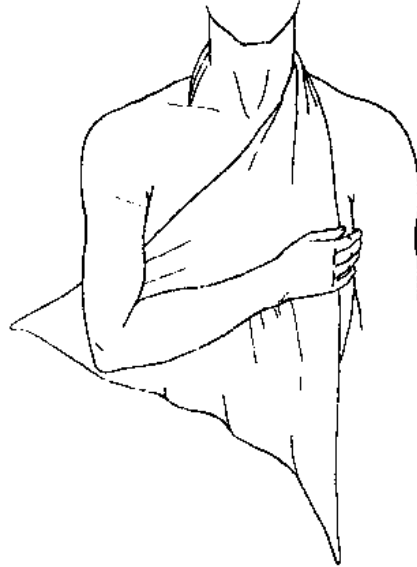
*NOSE BLEEDS:*

Have the person rest, have them pinch their nose just below the bone, and lean slightly forward. If the bleeding is severe, if it does not stop in about 10-15 minutes, or if there was an injury to the head or face, medical attention is needed. Do not have the person lean their head back, as all this does is have them swallow their blood, which is not desired.



*SLING:*

A sling is something you use to keep the hand/arm elevated above the heart and to make it more secure and comfortable for the injured person. It should only be used if it does not cause more pain or discomfort.



INTERNAL BLEEDING

*Definition:*

- This is where the blood vessels are broken but the skin is not, so the person is bleeding under the skin. Injured organs will result in internal bleeding.

*Causes:*

- Usually physical trauma, being hit, falling. Very common in car accidents.

*Warning signs:*

- Bruising, pain, tenderness, mechanism of the injury (what happened).
- There may be blood in their spit, vomit, or urine.

*Helping:*

- If it's a minor bruise on the arm or leg then rest the injured part, apply an ice pack for a few minutes, and watch for signs that it is not healing. If it's severe internal bleeding in the core of the body then active the ambulance, make sure the person is resting, treat for shock, apply an ice pack, but do NOT put pressure over the wound.

*Notes:*

- Internal bleeding is not always obvious, but can be life threatening.
- Infection can occur with any wound whether internal or external. If you suspect an infection then seek medical help immediately, as it can become life threatening. Watch out for warning signs such as; the wound is not healing or is getting bigger, discoloration, fluid discharge, and increased pain.

Hemophilia is a condition where the blood does not clot. The person lacks a certain type of protein in the blood. If someone suffers from this even small cuts or bruises can be life threatening. Immediately get medical help for them.