

Appropriateness of a Brief Bleeding Control Curriculum Taught by Medical Students to Laypersons in Heavily Trafficked Locations: A Systematized Review of the Literature

Abstract

Introduction: Trauma is a leading cause of death in the US and the recent increase in mass shootings has emphasized the need for laypersons to provide hemorrhage control until EMS arrives. The Hartford Consensus translates lessons learned from the military to reduce deaths from uncontrolled hemorrhage. Stop the Bleed was created to train laypersons in bleeding control techniques and make bleeding control kits accessible in public spaces. I created a brief bleeding control curriculum that uses hands-on training taught by medical students deployed to laypersons in highly trafficked public places.

Methods: Conducted a systematized literature review through PubMed.

Results: Laypersons have a willingness to help in an emergency but lack the knowledge and skills to respond effectively. Bleeding control training successfully improves skills, knowledge, confidence, and willingness to act in many different populations. This outcome appears to be maintained when taught in a brief format or by health professional students.

Discussion: Training is necessary for laypersons to effectively recognize and treat hemorrhage and successfully improves feelings of confidence and self-efficacy that could lead improve rates of layperson assistance in emergencies. Brief formats may allow participants to focus on the fundamentals of bleeding control, while teaching by medical students may allow for more wide dissemination of training. Training in high traffic areas in the community may be an effective way to address barriers to obtaining training and bring training into the communities that need it most.