

# Introduction to Bleeding Control and Shock Management

## Curriculum Overview

### Designed for:

- High school students
- Post-secondary courses in health care
- EMT training courses

### Length:

The activities in this curriculum will last approximately 1½ to 2 hours. With supplemental materials, this curriculum can be adapted to a longer block of time.

### Goal:

To help participants learn to identify and manage hypovolemic shock, apply a tourniquet to stop an arterial bleed, apply a chest seal to a sucking chest wound, how to pack a deep wound using hemostatic dressings, and how to apply a pressure dressing.

### Synopsis:

This curriculum helps students develop an awareness of patient-focused care and see what knowledge they already have on the topic of bleeding control and shock management. Participants will receive a thorough introduction to signs and symptoms of shock, how to manage shock, how to apply a tourniquet, how to seal a chest wound, how to use hemostatic dressings, and how to apply a pressure dressing to control bleeding. They will also have the opportunity to practice and demonstrate these skills with hands-on tools. The lesson uses a slide presentation and integrates the Trauma Wound Simulation Suit and/or the Arm Amputation and Bleeding Control Trainer into the lesson.

### Curriculum Components:

- Teacher's guide - Complete lesson, including detailed steps of activities, time and materials needed, student handouts and instructor information to teach the lesson
- Student materials
- Assessment tools
- PowerPoint presentation slides

### Learning Objectives:

#### Lesson 1: Introduction to Bleeding Control and Shock Management

- Demonstrate how to manage shock
- Demonstrate proper application of a tourniquet
- Demonstrate proper application of a chest seal
- Demonstrate packing a wound using hemostatic dressings
- Demonstrate proper application of a pressure dressing