

NPS Tactical EMS Skill Sheet - Station 1: Bleeding Control
Wound Packing / Pressure Bandage /Tourniquet (C-A-T)

Objective: Demonstrate bleeding control using wound packing, pressure bandage and the proper application of a Combat Application Tourniquet (C-A-T)

Evaluation: Students will be evaluated as a Pass/Fail (P/F) with 3 attempts at each skill. The instructor will verify the student's ability to aggressively pack a simulated deep wound and then apply an overlying pressure bandage. The instructor will verify the student's ability to quickly and effectively apply a Combat Application Tourniquet to an extremity on him/herself and a fellow TEMS participant by observing the student's procedure and technique.

Materials:

Candidate Skill Sheet (below)

Moulaged manikin/patient or rolled towels for wound packing simulation

Pressure Bandage or ACE Bandage

Combat Application Tourniquet(s) (C-A-T) (Blue = Trainer Tourniquet)

Instructor Guidelines:

1. Provide each instructor with candidate skill sheet.
2. Ensure each student has all required materials.
3. Read the learning Objective and the evaluation method to the student.
4. Explain the grading of the exercise. Each Candidate will have 3 opportunities to complete each skill before a fail will be submitted.

Performance Steps: (C-A-T) (Perform twice, once on self and once on fellow TEMS participant):

1. Remove the C-A-T from the IFAK.
2. Slide the extremity through the loop of the Self-Adhering Band or wrap Self-Adhering Band around the extremity and reattach to friction adapter buckle.
3. Position the C-A-T above the wound; ideally leave at least 2 inches of uninjured skin between the C-A-T and the wound.
4. Secure the C-A-T.
 - Pull the free running end of the Self-Adhering Band tight and securely fasten it back on itself (if applying to an arm wound). Do not adhere the band past the Windlass Clip.
 - If applying to a leg wound, the Self-Adhering Band must be routed through both sides of the friction adapter buckle and fastened back on itself. This will prevent it from loosening when twisting the Windlass Clip.
5. Twist the Windlass Rod until the bleeding stops. When the tactical situation permits ensure the distal pulse is no longer palpable.
INSTRUCTOR: Monitor the distal pulse, and prompt the student when it is no longer palpable. Use care to not let the student over-tighten the C-A-T. In training sessions, if pain becomes too severe, **discontinue the tourniquet application.**
6. Lock the rod in place with the Windlass Clip.
NOTE: For added security (and always before moving the casualty), secure the Windlass Rod with the Windlass Strap. For smaller extremities, continue to wind the Self-Adhering Band across the Windlass Clip and secure it under the Windlass Strap.
7. Grasp the Windlass Strap, pull it tight and adhere it to the Velcro on the Windlass Clip.
8. Release and remove the tourniquet. **Total application time should be less than 60 seconds.**
9. Note that on a real casualty, the date and time the C-A-T was applied would be recorded when tactically feasible.

10. Note that a wound to a real casualty would be dressed, and the casualty would be transported to definitive treatment as dictated by the tactical situation and NPS guidelines.
11. Repeat C-A-T application - station requires 2 applications (once on self and once on another TEMS participant).

Performance Steps: Wound Packing and Pressure Bandage:

1. Expose the simulated injury by opening or cutting away the casualty's clothing.
2. If possible, remove excess blood from the wound while preserving any clots in the wound that may have formed.
3. Locate the source of the most active bleeding.
4. Remove the gauze from its package and pack it tightly into the wound directly over the site of the most active bleeding.
5. Multiple gauze rolls may be required to control the hemorrhage.
6. Gauze may be re-packed or adjusted in the wound to ensure proper placement.
7. Apply direct pressure quickly with enough force to stop the bleeding.
8. Hold direct pressure for a minimum of 3 minutes (if tactically feasible).
9. Reassess for bleeding control.
10. Additional gauze may be added as necessary to stop any continued bleeding.
11. Leave gauze in place and secure with a pressure dressing.
12. Document the procedure on the appropriate medical form.

NPS Tactical EMS Candidate Skill Sheet: Station 1
Combat Application Tourniquet (CAT)

Application to Self AND Partner - (1 pass needed; 3 attempts before fail)

	Self	Partner	Self	Partner	Self	Partner
Removed the C-A-T from IFAK.	P / F	P / F	P / F	P / F	P / F	P / F
Slide the wounded extremity through the loop of the Self-Adhering Band or wrap around extremity.	P / F	P / F	P / F	P / F	P / F	P / F
Positioned the C-A-T above simulated wound site; left at least 2 inches (if possible) of uninjured skin between the C-A-T and the wound site.	P / F	P / F	P / F	P / F	P / F	P / F
Twisted the Windlass Rod until the distal pulse was no longer palpable.	P / F	P / F	P / F	P / F	P / F	P / F
Locked the rod in place with the Windlass Clip.	P / F	P / F	P / F	P / F	P / F	P / F
Grasped the Windlass Strap, pulled it tight and adhered it to the Velcro on the Windlass Clip.	P / F	P / F	P / F	P / F	P / F	P / F
Verbalized using a marker to draw a "T" on the casualty's forehead and recorded the date and time the C-A-T was applied. Total Application time less than 60 seconds.	P / F	P / F	P / F	P / F	P / F	P / F

Critical Criteria:

- _____ Place the C-A-T 2 inches above the wound (if possible).
- _____ Twisted the Windlass Rod sufficiently to control the bleeding/lose pulse.
- _____ Secured the CAT properly.
- _____ Two (2) applications of C-A-T, once on self under 60 seconds and once on another TEMS Participant in under 60 seconds.

Evaluator's Comment:

Student Name: _____ Date: _____

Evaluator: _____ Pass: _____ Fail: _____

NPS Tactical EMS Skill Sheet: Station 1
Wound Packing / Pressure Bandage

Task (1 pass needed; 3 attempts before fail)

Verbalized: Do not use for minor wounds that do not entail severe bleeding. Simple Direct Pressure is all that is needed	P / F	P / F	P / F
Exposed the injury	P / F	P / F	P / F
Pack the gauze directly into the wound, focused where the bleeding was the heaviest.	P / F	P / F	P / F
Held pressure on the bandage for 3 minutes.	P / F	P / F	P / F
<i>INSTRUCTOR: Inform the student that 3 minutes have passed.</i>			
Reassess the wound to ensure that bleeding has stopped - leave the gauze in place if bleeding is controlled.	P / F	P / F	P / F
Verbalize that if there is continued bleeding, the gauze may be reconfigured in the wound or additional gauze may be used.	P / F	P / F	P / F
Applied a pressure dressing over the bandage to secure it in place.	P / F	P / F	P / F
Documented the procedure on the appropriate medical form.	P / F	P / F	P / F

Critical Criteria:

- _____ Applied direct pressure for 3 minutes after application.
- _____ Verbalized that failure to control hemorrhage requires that gauze needs to be reconfigured, or additional gauze used.
- _____ Knows that if gauze packing/pressure fails, a tourniquet should be placed, if the bleeding is on an extremity.

Evaluator's Comments:

Student Name: _____ Date: _____

Evaluator: _____ Pass: _____ Fail: _____