

# 3rd Annual EMS Medical Directors' Conference



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# Stop the Bleeding - Panel

*Dr. Tim Pohlman*

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@INDTrauma #EMSMDConf2016

# Tourniquets

Matthew Sutter MD FACEP FAAEM

Lutheran Hospital CCT medical director

Chairman, ACEP Tactical section

Tactical physician and medical director,

Fort Wayne Police Emergency Services Team

Allen County SWAT

# Disclosures

No financial disclosures

Everything I do is off label and unapproved



# History

Likely used by Alexander and Romans

First documented use for wounds 1674 - Morel

Used in military through early 1900's

Fall from favor - treatment of last resort in us military

By 1970's - use was discouraged in us military and civilian

Interest from special operations community after Somalia conflict

US military use widespread in 2005

# TCCC

Tactical combat casualty care

First aid on the battlefield

Emphasis on preventable death

Simple airway

Chest decompression

Hemostasis by dressings, wound packing and tourniquets

# Military data

Vietnam data 7% deaths isolated extremity wound

Iraq/Afghan data showed more than 6-fold decrease in death from extremity injury as TCCC rolled out



# Civilian use

Used daily in OR's

Interest by SWAT (high risk tactical) teams

Lessons learned from military



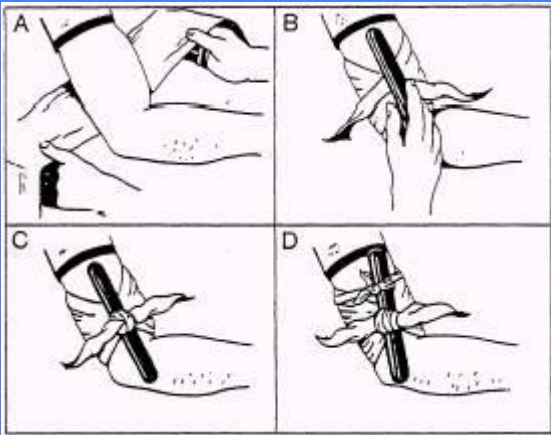
# Tourniquets

Risks

What to use



# Improvised Tourniquets



# Recommendations

NAEMT-TCCC

Hartford consensus III

Red Cross/AHA

Consider use if bleeding not controlled by standard first aid  
First line in mass casualty or multiply injured

Joint policy ambulance equipment 2013

NAEMSP, ACEP, others

Arterial tourniquet (commercial preferred)

# Take home points

Most extremity bleeding can be stopped by direct pressure

For that minority of bleeds that can't, tourniquets are safe and effective

Tourniquet on EMS trucks represents the current standard of care

Be wary of improvised tourniquets (although manual BP cuff may be OK)

Have a plan for what happens when they get to the ED

# References

[C-tecc.org](http://C-tecc.org)

[Naemt.org](http://Naemt.org) - TCCC

[Naemsp.org](http://Naemsp.org) - joint policy statement - equipment for ambulances

# Questions?

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