

Stop the Bleed!

From concept to instructors: A very first training of main instructors in the Swedish “Stop the bleed” has been performed. The aim of the educational concept is to spread knowledge to the public about life saving first aid measures to control massive bleedings.



Stop the Bleed is an initiative by The US Department of Homeland Security (DHS) and American College of Surgeons (ACS). The aim of STB is to improve society's response to life-threatening massive bleedings, and to promote the civilian use of techniques to control bleedings like pressure, tourniquets and different types haemostatic dressings. Several research initiatives that aim to prepare the general public to act when faced with massive bleeding are included in STB. One of these projects has been conducted at the Center for Disaster Medicine and Traumatology (KMC) in Linköping. The project has worked on adapting the STB-concept to a Swedish context. Now the very first training of main instructors in “Stoppa blödningen” has taken place: representatives from e.g. The Swedish Civil Contingencies Agency and The Red Cross gathered in Linköping for learning by the train the trainer-principle. Now the 16 new main instructors can distribute the educational concept in their organisations, by teaching others how to Stop the Bleed.

Research projects on how to teach blood controlling techniques and educate in first aid measures, and on how tourniquetes should be designed so that they easily can be used by the public are performed at the Center for Disaster Medicine and Traumatology in Linköping. The projects are supported by The Swedish Civil Contingencies Agency.

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