

Implementing Stop the Bleed Training into Medical School Curriculum

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ABSTRACT

Background: Following the Hartford Consensus guidelines and recommendations, Florida Atlantic University Charles E. Schmidt College of Medicine offered an optional Stop the Bleed (STB) training course to third year medical students in August 2018. The aim of this study was to assess medical students' confidence in performing bleeding control techniques and teaching others after completing the Stop the Bleed course. The secondary goal was to assess student perception on integrating mandatory STB training into the medical school curriculum and potentially training medical students as STB instructors.

Methods: A total of 121 medical students were trained in bleeding control techniques. An 18-question survey using a 4-point Likert scale was administered to all medical students who completed STB training. Students were anonymously asked to self-report their confidence in performing bleeding control techniques, training others after STB training, and their perception on integrating STB training into medical school curriculum. 94 students completed the survey voluntarily and a subgroup of 15 students went on to continue training to become STB instructors.

Results: After completing the STB course, 87 students (95%) were comfortable applying a tourniquet, 85 students (92%) were confident in packing wounds to stop bleeding, and 91 students (99%) could apply direct pressure to wounds to stop bleeding. In regard to training others, 79 students (86%) reported feeling comfortable training other medical students as well as the non-medical community. 94% of students reported that STB training would be helpful for their clinical rotations. Overall, 91 students (99%) reported they were likely to intervene in the care of a bleeding patient.

Conclusions: This study demonstrates that medical students are positively impacted by Stop the Bleed courses and validates that the implementation of mandatory Stop the Bleed courses into medical school curriculum improves medical students' knowledge and skills for hemorrhage control.

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