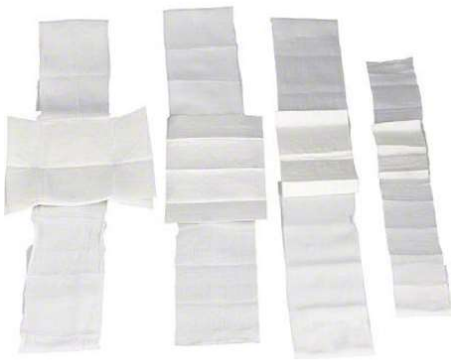




# Pressure Dressings

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Thank you Missah – it's good to be back.
We are now going to discuss pressure dressings. The objective of applying a pressure dressing is to stop the bleeding, not to stop all blood circulation below the wound. We will first look at indications and basic principles. We'll then explore the application and tips for use. And finally, we examine various commercial dressings as well as how to make an improvised dressing.
Good studying.

## Pressure Dressings – Indications

- Limb and torso wounds with significant bleeding
- Head wounds with significant bleeding
- As an adjunct to wound packing



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Pressure bandages are used to control bleeding and encourage blood clotting without constricting normal blood circulation. They help:

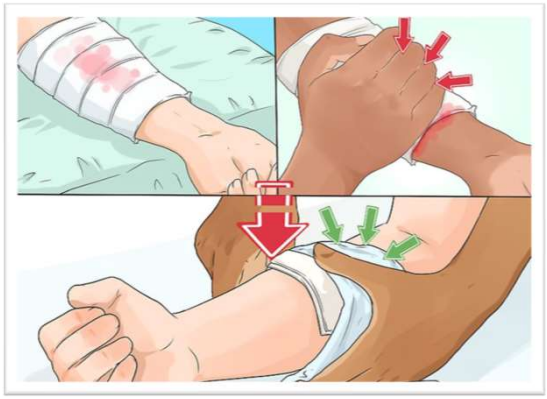
- minimize swelling
- protect the wound from contamination
- protect the injured area from additional trauma, and
- prevent heat and fluid loss.

The indications for use of a pressure dressing include:

- Limb and torso wounds with significant bleeding
- Head wounds with significant bleeding, or
- As an adjunct to wound packing.

## Pressure Dressings – Basic Principles

- Apply pressure dressings securely enough to do the job the first time. A loosely applied pressure dressing may waste time and blood
- Most commercial pressure dressings have a method to concentrate pressure in a specific area. This should be placed directly over the wound

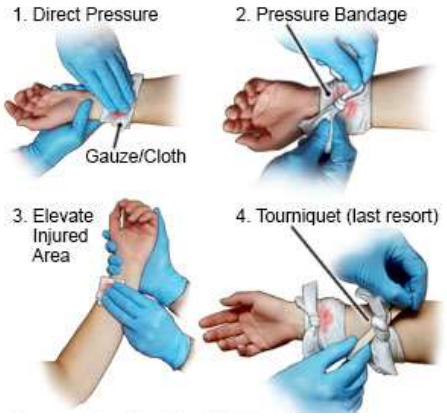


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Some basic principles for the use of pressure dressings include:
Apply a pressure dressing securely enough to do the job the first time. A loosely applied pressure dressing may waste time and blood.
Note that Most commercial pressure dressings have a method to concentrate pressure in a specific area. When present, the area on the dressing designated by the manufacturer, should be placed directly over the wound.

## Pressure Dressings – Basic Principles (Cont.)

- Do not loosen a pressure dressing to check bleeding
- If bleeding continues after applying a pressure dressing:
  - ✓ If on an extremity, apply a tourniquet
  - ✓ Apply additional pressure
  - ✓ Apply an additional pressure dressing




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Continuing with the basic principles, Do not loosen a pressure dressing to check the bleeding.
If the bleeding continues after application:

- Apply additional pressure, or
- Apply an additional pressure dressing, and if still bleeding
- If on an extremity, apply a tourniquet

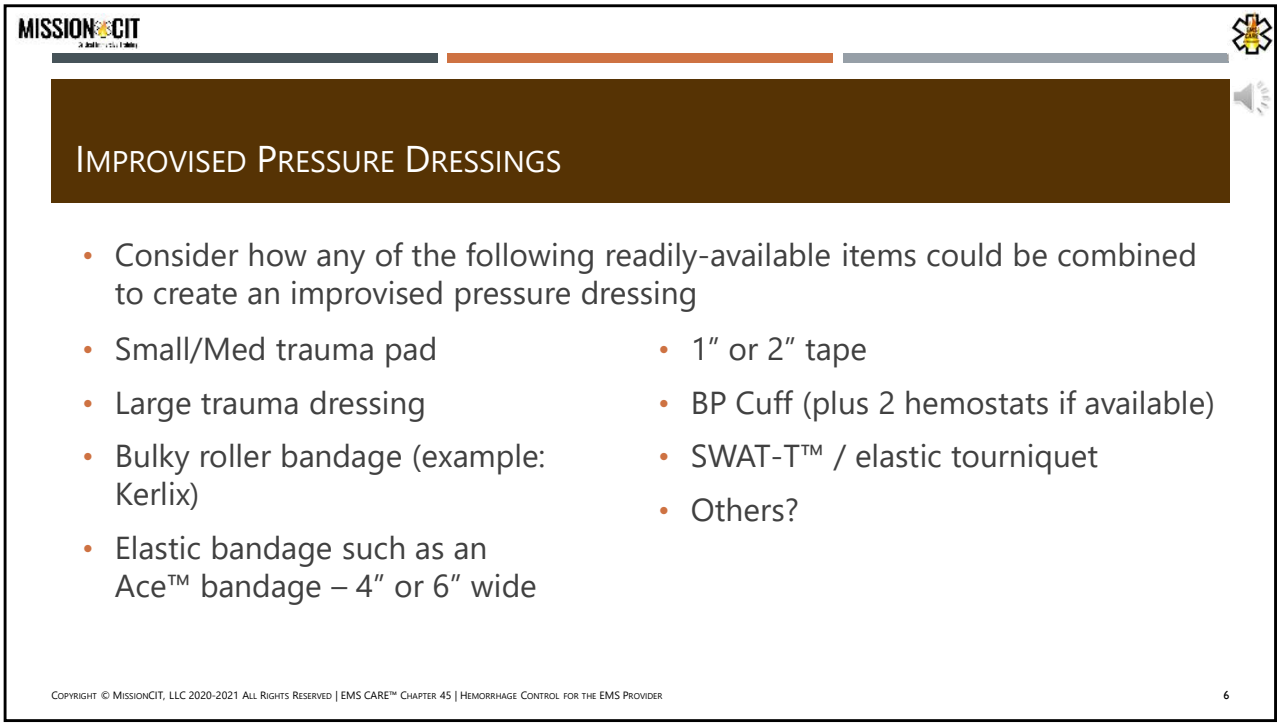
## Pressure Dressings – Application Tips

- Wrap the bandage to cover the entire dressing
- The bandage should not bunch or become rope-like when wrapped
- Additional directed pressure to the wound can be created by adding a half or full spin to the bandage over the wound or pressure device




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And here are a few helpful Application Tips for Pressure Dressings:
Wrap the bandage to cover the entire dressing.
Note that the bandage should not bunch, or become rope-like when wrapped.
Keep in mind that additional directed pressure to the wound can be created by adding a half or full spin to the bandage over the wound or pressure device.




The general process for an improvised pressure dressing is:

1. Prepare the wad from your aid bag, clothing, a rag, or other similar material.
2. Prepare the bandage. Some good ideas for the bandage are on this slide, including a handkerchief, sock, or cut a strip from a shirt.
3. Position the wad over the dressing that should already be in place.
4. Apply the bandage and wrap tightly – be sure to cover the edges of the bandage.
5. Tie off the bandage with a non-slip knot or another suitable method – don't make it too tight so to cut off circulation. and
6. Apply manual pressure.

Consider how any of the following readily available items on the slide could be combined to create an improvised pressure dressing.

## Improvised Pressure Dressing (Cont.)

- A pressure dressing can be improvised with a trauma dressing and a strong elastic bandage
- Carefully place a trauma dressing under the injury
- If appropriate, place a sterile gauze roll in hand to maintain a position of function
- Quickly wrap the trauma dressing around the injury
- Anchor the elastic bandage
- Unroll … Stretch … Wrap
- Continue to tightly wrap the injured area. Be sure you pressure: Unroll … Stretch … Wrap
- Secure the bandage
- Although clips are sometimes used, using tape is preferred in most cases



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Another process for creating an improvised pressure dressing is as follows:

- A pressure dressing can be improvised with a trauma dressing and a strong elastic bandage.
- Carefully place a trauma dressing over the injury.
- If appropriate, place a sterile gauze roll in hand to maintain a position of function.
- Quickly wrap the trauma dressing around the injury.
- Anchor the elastic bandage.
- Unroll … Stretch … and Continue to tightly wrap the injured area.
- Be sure you continue to apply pressure until the elastic bandage is fully used.
- Secure the bandage.

Although clips are sometimes used, using tape is preferred in most cases.

## Pressure Dressing Example – Distal Extremity Amputation | Application:

- Cover wound with a large trauma pad or similar dressing material
- Place a roll of Kerlixor roller gauze over the wound
- Bind the roller gauze to the limb with an elastic bandage
- Continue to unroll, stretch and wrap the entire elastic bandage
- Secure the bandage with clips or tape

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When dealing with a distal extremity amputation, do the following:

- Cover the wound with a large trauma pad or similar dressing material.
- Place a roll of Kerlix or roller gauze over the wound.
- Bind the roller gauze to the limb with an elastic bandage.
- Continue to unroll, stretch, and wrap the entire elastic bandage. And Finally
- Secure the bandage with clips or tape.

## Commercial Pressure Dressing

- Most commercial pressure dressings have common features:
  - ✓ Bulky, sterile dressing that absorbs a large quantity of blood
  - ✓ Wide elastic bandage
  - ✓ Device to concentrate pressure to a small area
  - ✓ Securing mechanism




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It's likely you have one or more types of commercial pressure dressings available for use. Most commercial pressure dressings have these four common features:

1. A Bulky, sterile dressing that absorbs a large quantity of blood.
2. A Wide elastic bandage.
3. A Device to concentrate pressure to a small area, and
4. A Securing mechanism

## Commercial Pressure Dressing Application

- In all cases, read the manufacturers instructions and be familiar with the dressings available to you. In general:
  - ✓ Place the sterile dressing directly over the wound
  - ✓ Unroll a few inches of the bandage, pull it tight, then wrap around the limb
  - ✓ Integrate the bandage with the pressure mechanism and secure as per the manufacturer's instructions



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In all cases, read the manufacturer's instructions and be familiar with the dressings available to you. So, In general:

- Place the sterile dressing directly over the wound.
- Unroll a few inches of the bandage, pull it tight, then wrap around the limb. and
- Finally, Integrate the bandage with the pressure mechanism, and then secure as per the manufacturer's instructions.

## Pressure Dressing Example – Israeli Bandage




- A tourniquet is not needed for this wound. Depending on the depth, the wound may, or may not need packing
- Follow instructions in diagram

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Now, let's examine how to apply the Israeli Bandage. The assumption is that a tourniquet is not needed for this wound. Depending on the depth, the wound may or may not need packing.

The process for the Israeli bandage is:

1. Apply the dressing with the label over the wound.
2. Place the pad on the wound.
3. Wrap the bandage around the limb. Note, there is no Velcro to help anchor the bandage …so don't pull hard or it may slip.
4. Then Slide the bandage into the center of the cleat.
5. Spread the bandage inside the cleat.
6. Reverse the direction of the bandage. Then Start to unroll, stretch, and wrap.
7. Continue to add pressure with the bandage while continuing to fully unroll and apply.
8. As you wrap the bandage, you can add additional pressure to the wound by spinning the bandage directly over the cleat. And finally,
9. Anchor the bandage with the barrette.

## Pressure Dressing Example – H-Bandage

- Apply the H-Bandage with the "H" directly over the wound
- Wrap the around the limb. A strip of Velcro will help hold the bandage
- 1st cleat, then pull bandage snug. Support the cleat as you pull snug back of the limb
- Wrap it around the other cleat. Support the "H" as you pull tight
- Continue to apply pressure. Unroll … Stretch … Wrap
- You can add more pressure to the wound by spinning the on top of the "H"
- Secure the bandage with the barrette



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And here is the process if you are using an H bandage:

1. Apply the H-Bandage with the "H" directly over the wound.
2. Wrap the bandage snug around the limb. A strip of Velcro will help hold the bandage to the wound area.
3. The H is actually 2 cleats. Wrap the bandage around the 1st cleat, then pull the bandage snug. Support the cleat as you pull.
4. Now wrap the bandage around the second cleat. Support the "H" as you pull tight.
5. The bandage should be tight now. If satisfied with the pressure, you can stop.
6. However, it's best to continue to completely unroll, stretch and wrap the bandage around the wound, now covering the H-cleats.
7. When done, Secure the bandage with the second strip of Velcro.

## Pressure Dressing Example – Olaes Modular Bandage

- Place dressing on the injury with the cup directly over the wound
- Begin wrapping bandage around the limb. Unroll … Stretch … Wrap
- Continue to wrap tightly. This dressing does not need a change in direction
- Secure with the Velcro and barrette



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And here is the process if you are using an Olaes Modular bandage.

1. Place the dressing on the injury with the cup directly over the wound.
2. Begin wrapping the bandage around the limb. Unroll … Stretch … Wrap.
3. Continue to wrap tightly. This dressing does not need a change in direction. And
4. Finish by Securing with the Velcro and barrette.

## Pressure Dressing – Practical Application

- Please practice on your partner
- Apply an improvised bandage to the arm or leg
- Practice with the pressure dressing you will most likely use with your agency



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So its again time to practice. We recommend you apply an improvised bandage to an arm or a leg. Be sure you practice with the pressure dressing you will most likely use with your agency.
Note that depending on the course you are taking, there will be a skills station for practice and coaching. And please check with the course instructor on the location and time.
So, this is the end of our lesson on pressure dressings.
Missah will be with you next to discuss tourniquets in more depth.
See you soon – good studying.