

Preventing Hemorrhage-Induced Death in Fremont County, Wyoming Through Stop the Bleed® Community Education

Brad Burns | RUOP III | MS2 | UW School of Medicine

Hypothesis:
Structured education increases community intervention and prevention of hemorrhage-induced death in Fremont County, WY.

Background:
Fremont county is situated at the foot of the Wind River Mountains in Wyoming on the Eastern part of the state.

Large At-Risk Population

- 13.9% of individuals live under poverty line
- “Accident” mortality 4% higher than National Average

Limited Access to Healthcare

- Limited healthcare resources
- Transportation difficulties for patients
- High “Track” phone use

Environmental Hazards

- Large population of wilderness recreators
- Poor winter conditions
- Frequent injury from dog bites

The county Riverton, Lander, Hudson, and the smaller towns found within the Wind River Indian Reservation.

FREMONT COUNTY DEMOGRAPHICS

Race	Relative Proportion
Caucasian	High
Native American	Medium
Hispanic	Low
2+ Races	Low
Black	Very Low
Asian	Very Low

Project Aim:
The aim of this project is to implement bi-monthly Stop the Bleed® community classes with the help of SageWest Healthcare.

These classes require no prior knowledge or training in first aid and are appropriate for a wide range of ages and experience levels. The project aim includes engaging with a significant portion of the community longitudinally to impact trauma outcomes in Fremont county.

- Provide free ~90 minute Stop the Bleed® courses to the public at SageWest hospitals.
- Distribute bleeding-control materials to participants after training.
- Follow-up with participants to gather feedback and improve delivery.

Next Steps:

- Continue providing Stop the Bleed® courses through WRITE rotation
- Increase community outreach and provide classes to groups in community
- Develop and implement plan for continued education after WRITE

Literature Review:
Current literature has identified trauma-induced death as a leading cause of mortality in the United States. Community health initiatives have been associated with increased bystander intervention in trauma scenarios. A community that is prepared and educated to intervene in emergencies is less likely to suffer from preventable trauma-induced death. Because of the described healthcare challenges that face Fremont County, basic first aid education has the potential to substantially decrease trauma and hemorrhage associated death in the county.

Trauma induced death in Fremont County

- 36% of deaths in Fremont county associated to accidents, homicide, and suicide.
- 64% of motor vehicle accident deaths included influence of alcohol.

Community health initiatives associated with increased bystander intervention.

- First aid courses and supplies increase bystander confidence in trauma incidents by 20-50%.
- Education increases community preparedness for intervention.

Bystander intervention is associated with reduction in hemorrhage-associated death.

- Studies have shown a 5.8% reduction in bleeding mortality after bystander intervention.
- Intervention by individuals with prior training and equipment has a greater impact on mortality.

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