



HEART OF TEXAS REGIONAL ADVISORY COUNCIL

The heart of your emergency healthcare system



A REGIONAL APPROACH TO A GLOBAL MOVEMENT

INTRODUCTION

The Stop the Bleed program has been around for nearly a decade. The American College of Surgeons Committee on Trauma collaborated with numerous entities and subject matter experts to develop uniform methods to teach bystanders how to stop life-threatening bleeding after a traumatic injury. Stakeholders and experts from the National Association of Emergency Medical Technicians, American College of Emergency Physicians, and the Committee on Tactical Combat Casualty Care collaborated to develop these best practices.

A lot has happened in the last ten years. The Stop the Bleed program has evolved in so many ways to broaden participation, decrease barriers, and also adapt to the new realities due to COVID-19.

The Heart of Texas RAC (HOTRAC) began a regional implementation of the program in 2016. This included reaching out to the community to deliver the training using training tourniquets and limbs with simulated wounds. HOTRAC is fortunate to have so many champions within our membership network that help to steward this program locally.

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Background

STOP THE BLEED IN HOTRAC

HOTRAC is a membership-based organization. Members include hospitals, EMS providers, first responder organizations, and other individuals and entities with an interest in improving emergency healthcare in Trauma Service Area M (TSA M). TSA M includes Bosque, Falls, Hill, Limestone, and McLennan counties.

Stop the Bleed training initially focused on those with some medical or responder background. This made the most sense since it would ultimately be that community who would be responsible for delivering the training to others.

The first several courses were provided to fire departments, police departments, and first responder organizations. Training started to expand to other community groups, clubs, and organizations as interest was generated both organically and the result of cold-calls and networking.

In 2019 HB 496 amended Texas Education Code 38.030 which required public schools to complete Stop the Bleed training. Our audience suddenly shifted to being largely focused on helping schools complete their training.

HOTRAC has trained nearly 10,000 since 2016!

METHODS

HOTRAC maintains Z-Medica training equipment that was bolstered with additional equipment. A complete trainer contains the below items:

- Training limb with 3 simulated wounds
- 10 blue C-A-T training tourniquets
- 1 sample Stop the Bleed Kit (Basic)
- Gauze for wound packing
- Flash drive containing presentation and training documents

Members, in good standing, are eligible to check-out these trainers to perform training in the Region. If a course is anticipated to exceed the capabilities of any one instructor then the RAC collaborates with a cadre of over 100 Regional instructors to maintain appropriate training instructor-participant ratios.

EMS providers in the Region recently moved to fund deploying trainers to hospital and EMS members in good standing in order to expedite their availability. More to come on that development!



RESOURCES

To schedule a course or to learn more about Stop the Bleed in the Heart of Texas RAC you can contact to us via email at info@hotrac.org or call us at 254-202-8740. Please visit our website www.hotracs.org to learn more about the RAC.

Also, follow us on [Facebook](#) and [Instagram](#) to keep up with the latest news in the Region. Like and share our health, wellness, and injury prevention information with your friends and family!

