

# UPMC CommandCast

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Episode 8: Stop the Bleed

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**GUEST:**

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**OVERVIEW:**

Dr. Raquel Forsythe discusses the importance of early hemorrhage control and strategies for professional and lay rescuers to recognize and mitigate severe blood loss. This episode also overviews the federal initiative and local efforts to expand the “Stop the Bleed” campaign.

**CITATIONS:**

Remick, K., Schwab, C., Smith, B., Monshizadeh, A., Kim, P., and Reilly, P. (2014) “Defining the optimal time to the operating room may salvage early trauma deaths.” *The Journal of Trauma and Acute Care Surgery*, 76(5), pp. 1251-8

**EXTERNAL LINKS:**

Stop the Bleed Campaign: <https://www.dhs.gov/stopthebleed>

UPMC EMS Navigator App: <http://bit.ly/1Jp6Ys3>

**CONTINUING EDUCATION INFORMATION:**

Approved for 0.5 hours core, all levels for Pennsylvania recognized EMS providers.

