Sacred Heart Hospital offering free bleeding control course for public

Pensacola, Fla. — Sacred Heart Hospital trauma surgeon Dr. Eric Roberts will present a free Bleeding Control Basic Course designed to train the public on what to do in a bleeding emergency and cover the ABCs of bleeding as a method to stop an active bleed.

Mass casualty incidents, like shootings in schools and other public places, have become a reality of life. Too often those on the front lines of these emergency situations are bystanders who lack the medical training and equipment to treat the victims, said Roberts.

"Knowing how to stop bleeding can help save a life, including your own," he said. "Uncontrolled bleeding is the No. 1 cause of preventable death from trauma. The greater the number of people who know how to control bleeding in an injured patient, the greater the chances of surviving that injury."

The bleeding control course is part of the Stop the Bleed campaign developed by the Department of Homeland Security after the Sandy Hook mass school shooting in 2012 to empower the public to become trained and equipped to help stop bleeding before professional help arrives.

The course includes a class presentation and hands-on skills demonstration on tourniquet application, wound packing, and pressure application. At the end of the course, participants will receive a certificate and will have the opportunity to purchase a personal tourniquet.

The course is scheduled for Friday, Jan. 11 from 9 a.m. to 10:30 p.m. in the Greenhut Auditorium at Sacred Heart Hospital Pensacola. The event is free, but registration is required. To register, go to https://healthcare.ascension.org/Events and in "Find by Class" field, type "Bleeding Control."

 About Sacred Heart Health System
In Florida, Ascension operates Sacred Heart Health System based in Pensacola and St. Vincent's HealthCare based in Jacksonville. Together, Ascension operates seven hospitals in Florida and more than 100 other sites of care, and they employ more than 10,000 associates. Across the region, Sacred Heart and St. Vincent's have served North Florida communities for more than 145 years. In fiscal year 2017, they provided $168 million in community benefit and care of persons living in poverty. Ascension (www.ascension.org) is a faith-based healthcare organization dedicated to transformation through innovation across the continuum of care. As the largest non-profit health system in the U.S. and the world's largest Catholic health system, Ascension is committed to delivering compassionate, personalized care to all, with special attention to persons living in poverty and those most vulnerable. Ascension includes approximately 156,000 associates and 34,000 aligned providers. Ascension's Healthcare Division operates more than 2,600 sites of care – including 151 hospitals and more than 50 senior living facilities – in 21 states and the District of Columbia, while its Solutions Division provides a variety of services and solutions including physician practice management, venture capital investing, investment management, biomedical engineering, facilities management, clinical care management, information services, risk management, and contracting through Ascension's own group purchasing organization. For more information on Sacred Heart Health System, visit www.sacred-heart.org.

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