

# Stopping the Bleed At Matoaca High School

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**Matoaca High School**  
**Chesterfield County Public Schools**



# Who am I?

- \*Certified Athletic Trainer, licensed in VA for 15 years
- \*High School teacher - Sports Medicine 1 and 2 and 9th grade HPE



# What was my initial goal?

Certify all Sports Medicine Students in Standard  
First Aid/CPR/AED



# THEN.....

-I learned of Stop the Bleed via a friend's Facebook page post. This friend, who happens to be a VCU Flight Nurse introduced me to Kate

-Following First Aid/CPR/AED training, STB training sessions were set up for December 2018 with all four of my sports medicine classes. We trained close to 80 high school students (mostly juniors and seniors).

## Matoaca's Plan Part 1



Very surprising information

\*Each wound packing trainer costs about \$250!

\*At the current time, this training was not well known in school communities.

**THIS WAS NOT OKAY IN MY BOOK!!**



# Matoaca's plan - part 2

\*In February 2019 Honors Sports Med 2 students were tasked by STB (Kate), the VDH, and myself to create AFFORDABLE and easy to replicate wound packing trainers for use in schools all over the state.

\*6 prototypes were created, one is being shared with you here.

\*Budget-\$30/unit      \*Supplies-easy to find      \*Build- EASY

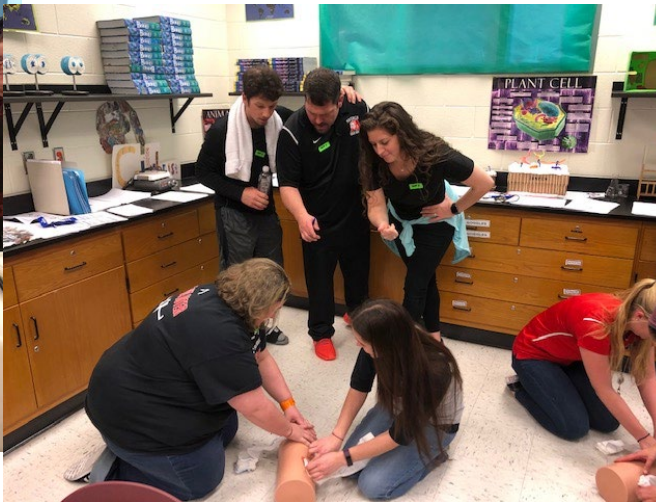
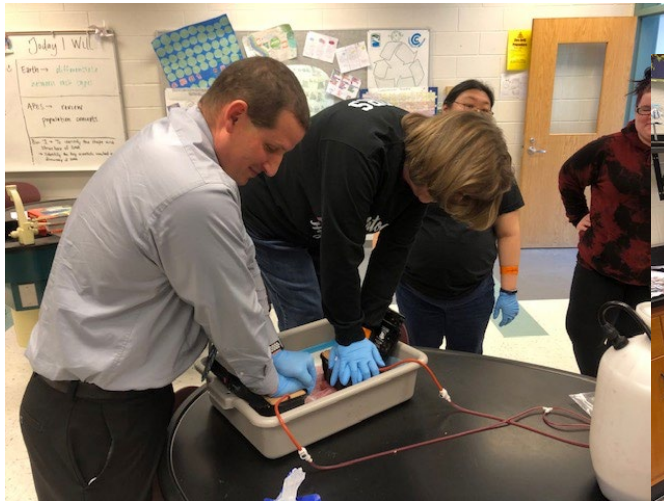


# Matoaca's plan - part 3

\*My Administration was VERY supportive of allowing me to bring STB training to our entire faculty on a half-day staff development day.

\*Close to 100 were trained mid-February, and another 10 in June.

**\*15 SM STUDENTS, ALREADY TRAINED, SERVED AS LAB ASSISTANTS!**





## Matoaca's Plan - Part 4- **FUNDING & Building Placement**

- Great - we were trained, but what about the materials?
- Faculty fundraiser raised over \$1100 for building supplies (\$10 for a Jeans Week Pass)
- Worked with Kate and Monty from (ATS) to develop a strategic plan for Trauma kits and stations in our building.



# Supplies and Placement

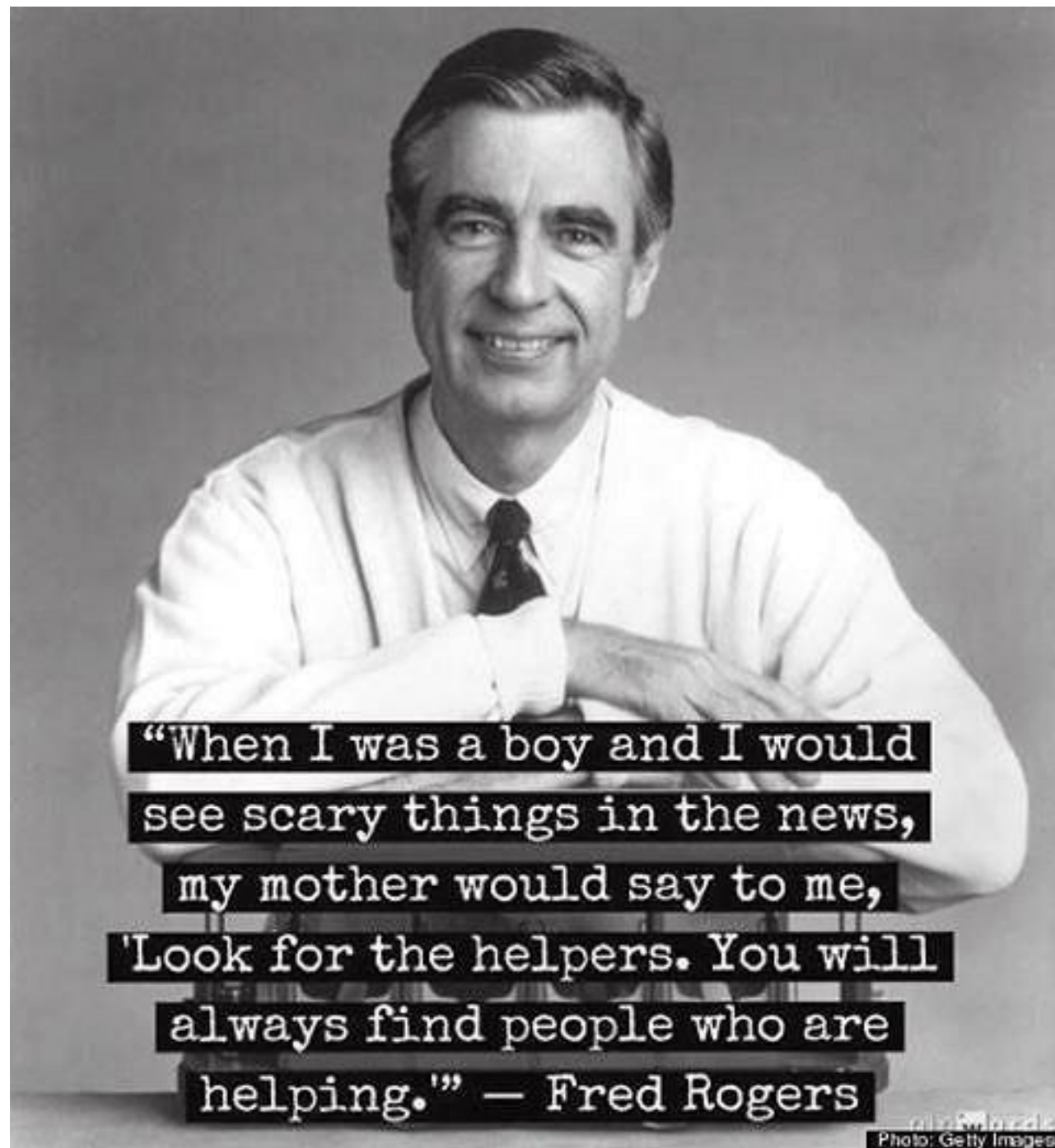
- Wall mounted trauma stations by each of our 3 AEDs
- MCAR bag in our clinic for the School Nurse to grab
- 8 individual trauma kits placed in specific areas of the building (main office, construction tech lab, kitchen, science lab pods, and with individuals who volunteered to respond)
- All ATCs serving CCPS schools have also been trained and provided their own trauma kits (HCA Virginia Sports Medicine)

# Cafeteria/GYM location



# Moving Forward

- All secondary CCPS HPE teachers will be STB trained during our staff development week in August
- All new to Matoaca will be trained during Teacher Work Week
- All Matoaca Sports Med 1 students will be STB trained each November/December moving forward



**“When I was a boy and I would  
see scary things in the news,  
my mother would say to me,  
'Look for the helpers. You will  
always find people who are  
helping.'” — Fred Rogers**

Photo: Getty Images

THANK YOU!

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