CARDIO PARTNERS

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WOUNDS

A wound is a soft tissue injury that can affect the tissues underneath the skin's outer layer, including fat and muscle. A wound can happen on the surface of the skin or deep in the body, and can cause severe bleeding. Severe bleeding on the top layer is easy to detect, but it is harder to detect underneath the skin. Some bleeding may not be as severe and can stop within a few minutes, but other times it may be life threatening.

OPEN WOUNDS

An open wound is any type of break to the skin such as a scrape to the skin or a puncture wound that penetrates into the surface layers of your skin, fat, and muscle. The main types of open wounds are described below:

- **Abrasions** – These types of wounds do not bleed much, and are usually caused when something is roughly rubbed up against the skin, such as a scrape or rug burn.
- **Lacerations** – These types of wounds may bleed heavily or may not bleed at all. This type of open wound can be caused by a cut into the skin such as a paper cut, scissors, knife, or glass. Some lacerations can go deep into the fat and muscle layers, and may cause damage to nerves and blood vessels.
- **Avulsions** – These types of wounds can cause a significant amount of bleeding, and can cause damages to deeper tissues. This is a very serious soft tissue injury.
- **Punctures** – These types of wounds do not bleed much unless a blood vessel has been injured. This type of injury is caused by an object piercing into the skin, such as a nail.

CLOSED WOUNDS

The most recognizable and simplest closed wound is a bruise. A bruise develops when your body is hit or bumped, such as bumping your knee into a table or chair. The blood flow and other fluids are what cause the surrounding tissues to become swollen and discolored. The force of the blow can depend on how severe the injury, as it damages the layers underneath your skin and can cause internal bleeding. If the force was more violent, it can cause the larger blood vessels, internal organs, and deeper layers of muscle tissue to become traumatized, and can cause heavy bleeding beneath the skin and damage to internal organs.

TRAUMATIC BLEEDING

Any type of wound can cause traumatic bleeding and may cause a blood vessel to tear causing bleeding. In most cases, the wound site will clot quickly and stops the blood flow. However, in some cases where the damaged blood vessel is too large or the pressure within the vessel is too great, it can cause the bleeding to be life threatening.

There are stop bleeding kits available that provide immediate access to the products you need to stop and address any traumatic bleeding situation.

If you have any questions regarding CPR/AED training, AED program management, or further information, please reach out to Brian Leonard:
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