
**TYPES OF BLEEDING, METHODS TO STOP BLEEDING,
THE IMPORTANCE OF PROVIDING FIRST
AID IN CASE OF BLEEDING.**

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This article provides in-depth discussions on the types of bleeding (Arterial bleeding, Venous bleeding, Capillary bleeding, Internal (parenchymal) bleeding) and first aid for bleeding.

KAY WORDS:

Bleeding , blood vessels, Arterial bleeding , Venous bleeding, Capillary bleeding ,Internal (parenchymatous) bleeding, blood poses, vital functions, axillary artery, femoral artery, inguinal artery .

INTRODUCTION. The average person has about 4-5 liters of blood circulating through their blood vessels. If the walls of the blood vessels are damaged, blood begins to leak out. Losing 2-2.5 liters of blood poses a threat to human life. A decrease in blood pressure in the vessels leads to a disruption of the supply of oxygen to the brain, which plays an important role in controlling all vital functions of a person. Therefore, everyone should know how to provide first aid for bleeding if necessary. Proper first aid in case of bleeding helps the victim to survive.

Bleeding- Blood loss can be life-threatening when major arteries and veins are injured. Therefore, it is necessary to stop the bleeding in a short time and call for emergency help. It is very important to stop the bleeding in time, even when the blood vessels are slightly damaged. Because a person can lose consciousness along with light but continuous blood loss.

Improper first aid can cause harm to the victim, namely: excessive blood loss, infection and inflammation of the wound site.

Even if the bleeding is not very strong, it is necessary to consult a surgeon after providing first aid, because it is possible to completely stop the bleeding only after treating the wound and suturing it. Depending on the location of bleeding, it may be necessary to refer to specialists in narrow fields such as gastroenterologist, oncologist, pulmonologist, gynecologist.

Brief information on first aid for bleeding:

If the bleeding is heavy, the injured person should be laid down and his legs should be raised.

To temporarily stop the bleeding, the damaged vein can be clamped or the limb can be strongly bent or a tourniquet applied.

Call for emergency help immediately.

It is impossible to touch the wound, wash it, remove foreign bodies from it. If the surface of the wound is contaminated, its edges should be cleaned in the direction outside the wound; it is necessary to rub an antiseptic such as iodine, chlorhexidine, hydrogen peroxide around the wound; Iodine should not be injured.

Main types of bleeding

Depending on the source, the following main types of bleeding are distinguished:

a) Arterial bleeding is very dangerous, since a large amount of blood loss occurs quickly. In this case, the blood comes out in a bright red color and in the form of a pulsating fountain.

b) Venous bleeding is also dangerous if the victim is not provided with timely assistance. This is evidenced by the gradual outflow of dark red blood from the damaged vessel of the victim.

d) Capillary bleeding is often not dangerous, it occurs mainly in small superficial skin wounds.

e) Internal (parenchymatous) bleeding - in this case, the blood flows into the cavity of the human body. It is very dangerous if not detected in time. It is most often observed in cases of damage to internal, including parenchymatous organs. Since the blood does not come out, to determine internal bleeding, it is necessary to pay attention to such signs as rapid breathing, fainting, and pallor.

First aid for arterial bleeding

To temporarily stop the bleeding, the injured artery should be pressed against the bone that runs next to it.

The methods of pressing the arteries are as follows:

The carotid artery - placing the palm of the hand on the back of the victim's neck and pressing the artery with the fingers of the other hand.

The brachial artery is easily identified, it should be pressed against the shoulder bone.

It is difficult to stop the bleeding from the subclavian artery. To do this, you need to take the victim's arm back and press the artery located behind the collarbone to the first rib.

The axillary artery should be pressed firmly with your fingers, as it is located deep.

The femoral artery is very large, it should be pressed against the femur with a fist. If this is not done, the victim may die after 2-3 minutes.

The inguinal artery should be pressed against the inguinal fossa, which is not difficult to do.

First aid for bleeding from the arteries of the limbs is carried out by squeezing them, bending the limb strongly and applying a tourniquet. If the veins of the limbs cannot be squeezed with your fingers, first apply a gauze pad to the inside of the joint and bend the arm or leg as much as possible.

If the bleeding continues, a tourniquet should be applied. This must be done quickly, because the blood flows very rapidly.

The tourniquet can be held for up to half an hour in the winter months and up to an hour in the summer. If a doctor does not arrive during this time, slowly remove the tourniquet and wait for blood circulation to return. Then reattach it. At this time, there should be no pulse in the injured arm or leg. Then the bleeding will stop.

First aid for venous bleeding:

Such blood loss can occur in deep wounds. In case of venous bleeding, first aid is provided immediately. Injured veins can draw air because the pressure in them is lower than atmospheric pressure. In this case, the air bubbles get stuck in the blood vessels of various organs, which can lead to the death of the victim.

When providing assistance, the wound should not be washed, cleaned of sand, stones and blood clots, the following should be done:

Clean the skin with a wet cloth in the direction outside the wound;

Covering a deep wound with a sterile tampon;

Then wrap the surface of the wound with several layers of sterile bandage;

Put an unopened bandage over it to ensure pressure;

Bandage this bandage very tightly;

If blood leaks through the bandage, put a napkin on it and bandage it tightly;

Lifting the arm or leg and leaving it in this position.

First aid for capillary bleeding:

Such bleeding usually stops on its own. A characteristic sign is a slow flow of blood over the entire surface of the wound. However, injuries with significant blood loss are also observed. The greatest danger is internal capillary bleeding.

The main causes of capillary bleeding:

Blood diseases accompanied by blood clotting disorders (for example, hemophilia).

Various traumatic injuries.

Vascular diseases (purulent inflammation of the skin affecting the capillaries, tumors).

General diseases affecting the walls of blood vessels, such as tumors, atherosclerosis, rheumatoid arthritis.

Hormonal diseases.

Often, capillary bleeding does not lead to significant blood loss, its danger lies in infection with pathogenic microbes.

First aid for internal bleeding:

Such bleeding can be caused by diseases or injuries of internal organs. It is very dangerous, because blood loss is uncontrolled. In addition, there is no pain syndrome that indicates danger, so internal bleeding may not be noticed for a long time. Only when the patient's condition deteriorates sharply, it can be taken into account.

The most dangerous type of internal bleeding is bleeding from parenchymal organs, which usually do not have cavities and have a well-developed arterial-venous network. These include organs such as the lungs, pancreas, and liver.

Damage to these organs can lead to severe bleeding. It does not stop on its own, because the vessels of these organs are fixed in the tissues and can collapse. Therefore, first aid for bleeding from parenchymal organs is provided immediately. The causes of such blood loss are injuries, infectious diseases such as tuberculosis, and rupture or rupture of tumors.

In case of a sharp decrease in blood pressure in parenchymal hemorrhage, the patient's legs should be raised above the level of the heart, approximately thirty to forty centimeters. It is necessary to constantly monitor breathing and heart rate. If necessary, resuscitation should be performed. The patient should not be given painkillers or other medications. It is forbidden to give food and water, but it is possible to rinse the mouth with water.

With various types of bleeding, the outcome of the incident will be positive, and first aid will help the patient get back on his feet faster.

Conclusion: The conclusion is that a loss of 2-2.5 liters of blood poses a threat to human life. A decrease in blood pressure in the blood vessels leads to a disruption of the supply of oxygen to the brain, which plays an important role in controlling all vital functions of a person. Therefore, everyone should know how to provide first aid for bleeding if necessary. With quick and correct first aid for various types of bleeding, the outcome of the incident will be positive, and first aid will help the patient get back on his feet faster.

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