



CAT TOURNIQUET

Haemorrhage control





CAT TOURNIQUETS

- ◉ CAT tourniquets are designed to stop bleeding, in particular arterial bleeds.
- ◉ The idea is to push arteries or veins against a bone, or other internal structures, to provide pressure to stop bleeding.
- ◉ CAT tourniquets provide even pressure around a limb, preventing more pressure in one area over another.
- ◉ Patients will require analgesia and possibly sedation due to pain from injury site as well as pressure from tourniquet.

REMOVING A CAT TOURNIQUETS

- ◉ CAT tourniquets *should not* be removed until there is a plan to manage the bleeding or the patient is in theatre.
 - Should not be removed to “check” if bleeding has stopped.
- ◉ Ideally should be removed before 2 hours.
- ◉ After 4 hours there could be localised vessel damage.
- ◉ After 6 hours the patient could require cardiac or renal monitoring.

CAT TOURNIQUETS APPLICATION

- ⦿ Tourniquet should be applied 3-4 fingers above the wound.
- ⦿ Apply according to manufacturer instructions.
- ⦿ Always remember to place the time on the “Time” strap.
- ⦿ Assess adequacy of tourniquet by looking if bleeding has stopped or until distal pulses are absent.
- ⦿ If the first tourniquet is not sufficient, a second tourniquet can be applied directly above the first tourniquet.
- ⦿ Do not apply over joint.

VIDEOS

- How to apply to patient's arm
 - https://youtu.be/n2HUi983I_E

- How to apply to patient's leg
 - <https://youtu.be/lM4Kfiw4Lml>