



Nosebleeds

Bleeding from the nose most commonly occurs when tiny blood vessels inside the nostrils are ruptured, either by a blow to the nose, or as a result of sneezing, picking or blowing the nose. Nosebleeds may also occur as a result of high blood pressure.

A nosebleed can be dangerous if the individual loses a lot of blood. In addition, if bleeding follows a head injury, the blood may appear thin and watery. The latter is a very serious sign because it indicates that the skull is fractured, and fluid is leaking from around the brain.

Aims

- to control blood loss
- to maintain an open airway.

Treatment

- Ask the individual to sit down
- Advise them to tilt their head forwards to allow the blood to drain from the nostrils
- Ask them to breathe through their mouth (this will also have a calming effect) and to pinch the soft part of the nose firmly in order to stop the bleeding.
- Reassure and help if necessary
- Ice pack
- Tell them to keep pinching their nose
- Advise them not to speak, swallow, cough, spit or sniff because this may disturb blood clots that may have formed in the nose
- After 10 minutes, tell the casualty to release the pressure. If the bleeding has not stopped, tell them to reapply the pressure for two further periods of 10 minutes
- Once the bleeding has stopped and with the casualty still leaning forwards, clean around their nose with lukewarm water
- Advise the casualty to rest quietly for a few hours. Tell them to avoid exertion and in particular, not to blow their nose, because these actions will disturb any clots

Caution

- Do not let the head tip back; blood may run down the throat inducing vomiting
- If bleeding stops and then restarts, tell the casualty to reapply pressure
- If the nosebleed is severe, or if it lasts longer than 30 minutes in total. Parent/carer will be called to take the student to hospital for further treatment.

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