

STANDARD OPERATING PROCEDURE:	MAJOR HAEMORRHAGE
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1. GUIDANCE FOR MAJOR HAEMORRHAGE

1.1. Definition: Suspect Major Haemorrhage if any of below:

1.1.1. Loss of one blood volume within a 24-hour period.

OR

1.1.2. 50% blood volume loss within 3 hours.

OR

1.1.3. Loss of 150 ml/min of blood

1.2. Consider major haemorrhage if bleeding leads to a heart rate more than 110 beats/ min and/or systolic blood pressure less than 90 mmHg .

1.3. Priorities for treatment are:

1.3.1 Restoration of blood volume to maintain tissue perfusion and oxygenation

1.3.2 Achieving haemostasis by:

1.3.3 Treating any surgical, traumatic or obstetric source of bleeding

1.3.4 Correcting coagulopathy by judicious use of blood component therapy

1.4. It is imperative to recognize major blood loss early and institute effective action promptly if shock and its consequences are to be prevented

2. PROBLEMS

2.1. Blood volume replacement.

Aim for normal systolic pressures and pulse rate, a urine output of at least 0.5 - 1 ml/ kg / hour and haematocrit values of 0.32. The accuracy of the assessment of blood loss may be improved by the insertion of a central venous line. A urinary catheter will aid overall assessment of fluid status after the immediate crisis is controlled.

2.2. Thrombocytopenia.

Dilutional thrombocytopenia should be anticipated during massive blood replacement, particularly if there is also evidence of disseminated intravascular coagulation (DIC). Platelet counts should be maintained above $50 \times 10^9/l$ (see below).

2.3. Coagulation factor depletion.

This may be due to reduced levels in stored plasma reduced blood, dilutional effects and DIC. (See below for guide to ordering fresh frozen plasma).

2.4. Hypocalcaemia.

The citrate in anticoagulant fluids binds ionised calcium and potentially lowers plasma calcium levels. This is not usually a clinical problem because the healthy adult liver metabolises citrate very quickly. However, neonates and hypothermic patients are especially vulnerable to citrate toxicity. Where clinical and ECG evidence suggest hypocalcaemia, 5 ml of 10% calcium gluconate (less for children and neonates) should be given at 5-minute intervals IV until ECG is normal.

2.5. Hypothermia.

In order to maintain the patient's core temperature, give blood and other fluids through a blood warmer if large volumes are given at $> 50 \text{ ml/kg/hour}$ (approx 2 units within 1 hour). A warming blanket should also be used.

2.6. Adult respiratory distress syndrome (ARDS).

Prolonged hypotension and shock predispose to ARDS. It is more likely in patients with persistent congestive cardiac failure, sepsis, and those who are either under transfused or over transfused.

3. PRINCIPLES OF TRANSFUSION MANAGEMENT OF ACUTE BLOOD LOSS

- 3.1. Insert at least one large IV cannula (consider central venous line), obtain blood samples for blood group, cross match, FBC, coagulation tests and U+E's, then infuse crystalloid (e.g.: 0.9% saline) as rapidly as possible until an acceptable systolic blood pressure is restored.
 - 3.1.1. Contact key personnel : clinician in charge, Consultant anaesthetist, Blood transfusion biomedical scientist, Consultant Haematologist.
 - 3.1.2. Restore circulating fluid volume to correct hypoperfusion. If less than 20 % of blood volume has been lost (i.e., up to 1 litre in an adult), replace with crystalloid. If more than 20% of blood volume has been lost (i.e., more than 1 litre in an adult) replace with crystalloid and colloid (Haemacel or Gelofusine) until red cells are available.
 - 3.1.3. Achieve surgical control of bleeding.
 - 3.1.4. Maintain adequate blood oxygen transport capacity.
 - 3.1.5. Request early coagulation screen (INR, APTT, FDP's, fibrinogen). The results may help to guide blood component therapy should bleeding persist after attempted surgical haemostasis.
- 3.2. A successful outcome requires prompt action and good communication between specialties, diagnostic laboratories, hospital laboratory staff and the Blood service. Blood component support takes time to organize.
- 3.3. Early consultation with senior surgical, anaesthetic and haematology colleagues is essential and the importance of good communication in this situation cannot be overemphasised.
- 3.4. Accurate documentation of blood components given and the reason for transfusion is necessary in order to enable audit of outcome and satisfy legal requirement for full traceability
- 3.5. The hospital blood bank should be informed of potential massive transfusion situation at the earliest possible opportunity.

4. GUIDE TO ORDERING BLOOD COMPONENTS

- 4.1. **Red cells**
 - 4.1.1. The degree of urgency for transfusion should be accurately conveyed to the blood bank.
 - 4.1.2. Routine procedures for blood grouping, antibody screening and compatibility testing should be followed as far as practicable unless it is obvious that major haemorrhage is likely.
 - 4.1.3. In emergencies, give group ABO RhD group specific blood if it is possible to wait for emergency blood grouping. In extreme emergencies, where delay would lead to death of patient, group O blood should be supplied.
 - 4.1.4. RhD negative and Kell negative blood should always be given to women of childbearing age.
 - 4.1.5. Consider O RhD Positive blood for males over 18 and women of non-childbearing potential (age over 50 years) were suitable.
- 4.2. For such extreme emergencies, **Group O Rh D Negative Blood** is kept in the blood fridges:

Path lab Blood Bank, RAEI, level 3	4 units	2 Paediatric Units
Leigh Path lab (Next to Phlebotomy)	4 units	
Wrightington Pathology Lab	4 units	

Group O Rh D Positive Blood if appropriate will be issued by Blood Bank

- 4.3.** ABO and RhD matched units can be issued following completion of emergency grouping. As soon as time permits, an antibody screen will be performed on the patient's pre-transfusion sample.
- 4.4.** Red cell transfusion is likely to be required when 30% to 40% blood volume is lost, whilst over 40% blood volume loss is immediately life threatening. Transfusion is rarely indicated when Hb >100 g/L and almost always indicated when Hb <80 g/L.
- 4.5. Platelet concentrates.**
- 4.5.1.** Platelet concentrates (2 doses) are indicated for continuous non-surgical bleeding when platelet counts are below $50 \times 10^9/l$ or falling towards that value. This should be anticipated when approximately 2 blood volumes have been replaced by plasma poor red cells. These should be ordered through the blood bank during working hours or through the BMS on call at other times.
- 4.5.2.** The platelets come from the Manchester Blood Centre, so there will be a delay of at least 1 hour before they are available.
- 4.6. Fresh frozen plasma (FFP) and cryoprecipitate**
Red cell replacement is likely to be in the form of plasma poor red cells in which coagulation factor activity is negligible; under these circumstances, coagulation factor deficiency is the primary cause of coagulopathy.
- 4.6.1** FFP (12 – 15 ml/kg equivalent to 4 units for adults) should be considered after one blood volume has been lost, particularly where there is microvascular bleeding with laboratory results that show abnormal coagulation (eg: PT ratio > 1.5, APTT > 1.5), or if there is evidence of DIC (abnormal INR, APTT, fibrinogen <1.5g/dl, D-Dimer > 192). Allow 30 minutes thawing time.
- 4.6.2** Cryoprecipitate (Dose is 1 pooled pack per 33 kg body weight standard dose for adult = 2 pooled packs (5 units in each pack) should be considered when fibrinogen level fall below 1.5g/l, particularly if there is microvascular bleeding or evidence of DIC.
- 4.6.3** It is preferable for major vessel bleeding to be stemmed surgically before attempting to correct haemostatic abnormalities

5. MANAGEMENT OF MAJOR HAEMORRHAGE FLOW CHARTS

The following pages contain the flow charts that should be used when a major haemorrhage occurs.

Transfusion Management of Major Blood Loss in Adults

Recognise Major Blood Loss - Major Haemorrhage

Haemorrhage resulting in clinical shock OR blood loss of >50% of circulating volume within 3 hours OR blood loss of >150ml/minute

Call for help

Consultant / Senior involvement is essential.

Clinical Speciality to use local arrangements to contact emergency team.

NB – Remember there will be at least 45 min transport delay for Euxton, Leigh and Wrightington

Blood Bank Number: 2145 for all sites always.

Tell Blood Bank Staff:

- "I want to activate the Major Haemorrhage Protocol"
- Your location
- Name of nominated clinical lead and contact number
- Patient information; Full Name, Hospital Number, DOB.
- Whether Emergency O Rh D negative blood products have been used and how many units?

Take bloods and send to lab: Correctly labelled: XM, FBC, PT, APTT, U+E, Ca²⁺, fibrinogen, A(BG)

STOP THE BLEEDING

Haemorrhage Control:

Direct pressure / tourniquet if appropriate.
 Stabilise fractures.
 Surgical intervention – consider damage control surgery.
 Interventional radiology
 Endoscopic techniques
 Obstetric techniques

Haemostatic Drugs:

Tranexamic acid 1g bolus followed by 1g over 8 hrs.
 Vitamin K and Prothrombin complex concentrates for warfarinised patients

Use cell salvage if available and appropriate:

Consider ratios of other components:
 1 unit of red cells = c.250 mls salvaged blood

ADMINISTER PACK 1
4 units of Red Cells
2 units of Plasma

Location of Emergency Group O blood:

RAEI

4 units Path Lab Blood Bank

Wrightington

4 units Ward/Dept Blood fridge foyer of pathology

Leigh

4 units Path lab

Euxton

3 units Hospital Blood Fridge

APTT – Activated partial thromboplastin time
 PT- Prothrombin Time
 FBC- Full blood count
 U+E- Urea & Electrolytes
 FFP- Fresh Frozen plasma
 XM – Crossmatch
 A(BG) – Arterial Blood Gas

Aims for therapy

Aim for:
 Hb 80-100 g/L
 Platelets >50 x 10⁹/l
 PT ratio < 1.5
 APTT ratio <1.5
 Fibrinogen >1.5g/l
 Ca²⁺ >1 mmol/l
 Temp > 36°C
 pH > 7.35 (on ABG)
 Monitor for hyperkalaemia

Reassess – Is there evidence of ongoing Major Haemorrhage?

Suspected continuing haemorrhage requiring further transfusion:

Take repeat bloods and send to lab:
 FBC, PT, APTT, fibrinogen, U+E, Ca²⁺ A(BG)

If fibrinogen <1.5g/l (<2g/l in obstetric haemorrhage) give 2 packs of cryoprecipitate (**NB** Cryoprecipitate takes 30mins to defrost)

If there is life threatening uncontrolled bleeding, despite all measures, discuss with Consultant Haematologist

NO

YES

Request PACK 2 (2145)
"I am Requesting Pack 2 for (patients name)"
4 units of Red Cells
4 units of Plasma
1 unit of Platelets
ADMINISTER

When patient is stable: STAND DOWN

Inform Blood Bank. Return unused components.
 Complete documentation, including audit proforma.

Thromboprophylaxis should be considered when patient is stable

Transfusion Management of Major Blood Loss in Children

Recognise Major Blood Loss – Major Haemorrhage

Ongoing severe bleeding (overt / covert) and received 20ml/kg of red cells or 40ml/kg of any fluid for resuscitation in preceding hour. Signs of hypovolaemic shock and / or coagulopathy.

Call for help

Consultant / Senior involvement is essential.
 Clinical Speciality to use local arrangements to contact emergency team.

Blood Bank Number: 2145 for all sites at all times.

Tell Blood Bank Staff:

- "I want to activate the Major Haemorrhage Protocol"
- Your location
- Name of nominated clinical lead and contact number
- Patient information; Full Name, Hospital Number, DOB.
- Whether Emergency O Rh D negative blood products have been used and how many units

Take bloods and send to lab: Correctly labelled XM, FBC, PT, APTT, U+E, Ca²⁺, fibrinogen, (A)BG

STOP THE BLEEDING

Haemorrhage Control:

Direct pressure / tourniquet if appropriate.
 Stabilise fractures.

Surgical intervention – consider damage control surgery.
 Interventional radiology
 Endoscopic techniques

Haemostatic Drugs:

Tranexamic acid 15mg/kg bolus over 10mins (max 1.0g) and 2mg/kg/hr infusion (max 125mg/hr until bleeding controlled).

Vitamin K and Prothrombin complex concentrate for warfarinised patients

Urgent Blood Products required

Order minimum of 40 ml/kg blood and tell Blood Bank how urgently you need blood:
 Immediately (use Emergency O Rh D Negative blood), within 15 mins (Group specific uncross-matched) or within 45 mins (Cross-matched blood).

If major trauma / massive transfusion gives:

- 20ml/kg Methylene blue treated FFP
 - 10 ml/kg Platelets (give paediatric platelets if patient is less than 10 kg)
- NB** FFP takes 30 mins to defrost, Platelets take up to 90 mins to arrive on site at Wigan

Aims for therapy

Aim for:

Hb	80-100g/L
Platelets	>50 x 10 ⁹ /l
PT ratio	< 1.5
APTT ratio	<1.5
Fibrinogen	>1.5g/l
Ionised Ca ²⁺	>1.0 mmol/l
Temp	> 36oC
pH	> 7.35 (on (A)BG)
pH	> 7.25 (capillary BG)

Monitor for hyperkalaemia

Reassess

Suspected continuing haemorrhage requiring further transfusion

Take repeat bloods and send to lab:

FBC, PT, APTT, fibrinogen, U+E, A(BG), Ca²⁺

If fibrinogen <1.5g/l give 10ml/kg cryoprecipitate (methylene blue treated if patient is less than 5kg).

NB Cryoprecipitate takes 30mins to defrost.

Location of Emergency O Rh D Negative blood:

RAEI

2 adult units Path lab Blood Fridge room
 2 paediatric units Path Blood Fridge room

(Neonates - paediatric units are available)

When patient is stable: STAND DOWN

Inform Blood Bank. Return unused components.
 Complete documentation, including audit proforma.

Thromboprophylaxis should be considered when patient is stable

APTT – Activated partial thromboplastin time
 PT- Prothrombin Time
 FBC- Full blood count
 U+E- Urea & Electrolytes
 FFP- Fresh Frozen plasma
 XM – Crossmatch
 A(BG) – Arterial Blood Gas

Laboratory Management of Major Blood Loss

**Transfusion receives Call.
"I want to initiate the Major Haemorrhage Protocol"**

Details Recorded:

- Location of the patient
- Name of nominated clinical lead and contact number
- Patients information ; Full name, Hospital Number, DOB.
- Whether Emergency O Rh D negative Blood products have been used and how may
- If needed clarify X-Match sample and request form have been sent.

ISSUE PACK 1: 4 Red Cells and 2 FFP

Red cells needed:	No Group	Issue Emergency O Rh D Negative/Positive red cells and replace used units ASAP
	Group	Issue group specific units or electronic issue. If antibody Positive issue antigen Negative blood and make clinician aware.
FFP needed:	No Group	Defrost Group AB / A units for the patient
	Group	Defrost group specific

Ring clinical lead when blood components are ready

Order Platelets needed for pack 2: Order group A Positive HT- units form NHSBT on "**Blue Light**".

Check current blood / blood product stocks

Order more blood/ blood products if required. If more products are required ASAP order via "**Blue Light**"

If Pack 2 is requested ISSUE: 4 Red Cells, 4 FFP and 1 does of platelets

Red cells needed:	No Group	Issue Emergency O Rh D Negative/Positive red cells and replace used units ASAP
	Group	Issue group specific units or electronic issue. If antibody Positive issue antigen Negative blood and make clinician aware.
FFP needed:	No Group	Defrost Group AB / A units for the patient
	Group	Defrost group specific
Platelets needed:		Issue Group a Positive HT- unit

Ring clinical lead when blood components are ready

Order Platelets needed for pack 2: Order group A Positive HT- units form NHSBT on "**Blue Light**".

Please note from this point forward Pack 2 will be repeated until stood down.

If bleeding continues – Advice clinical lead to liaise with Haematology

Consultant – If life threatening uncontrolled bleeding despite all measures laboratory staff can advise clinical lead to discuss with Consultant Haematologist.

Once stand down notification has been received

Ensure all satellite fridges contain a full stock of Emergency O Rh Negative Blood. Sort out any returned, unused blood products

6. SEVEN STEPS FOR SUCCESSFUL COORDINATION IN MASSIVE HAEMORRHAGE

6.1. Recognise trigger and activate pathway for management of massive haemorrhage; assemble the emergency response team

6.2. Allocate team roles

6.2.1 Team leader

6.2.2 Communication lead – dedicated person for communication with other teams, especially the transfusion laboratory and support services

6.2.3 Sample taker / investigation organiser / documenter

6.2.4 Transporter - member of team from clinical area.

6.3. Complete request forms / take blood samples, label samples correctly/recheck labelling U+E, FBC, Crossmatch, PT, APTT, Fibrinogen, A(BG), Calcium, lactate.

6.4. Request blood PACK 1 from blood bank

6.5. Communication led to contact laboratory:

Inform the BMS of the following:

6.5.1 Your name, location and ext. number

6.5.2 I want to initiate the Major Haemorrhage Protocol'

6.5.3 The patient's details: ideally surname, forename, hospital number, DOB and whether any Emergency O Rh D Neg has been used and how many units

6.5.4 Contact lab if blood has been transferred in with the patient from another Trust or patient is being transferred to another Trust.

6.6. The clinical/laboratory interface

6.6.1 Communication led to arrange for transport of samples/request form to the laboratory

6.6.2 BMS to ring communication lead with results of urgent investigations

6.6.3 BMS to ring communication lead when blood/blood components are ready

6.6.4 Communication led to arrange to collect blood and blood components from the laboratory.

6.7. Communicate stand down of pathway and let lab know which products have been used.

6.8. Ensure documentation is complete

6.8.1 Clinical area: monitoring of vital signs, timings of blood samples and communications, transfusion documentation in patient casenote record, return completed traceability labels/tags to laboratory, completion of audit proforma.

6.8.2 Laboratory: keep record of communications / telephone requests in patient laboratory record.

7. TRAINING AND EDUCATION

7.1. Relevant clinical areas need to be familiar with the protocol and ensure that staff understand where to find the protocol and be familiar with it. Regular training and drills also need to be performed within clinical specialities.

7.2. The clinical areas that need to have this in place include:

7.2.1. Medicine, especially Gastroenterology and Cardiac Catheter Lab

7.2.2. Surgery, especially Vascular and Theatres (Wrightington, Wigan & Leigh)

7.2.3. ICU / Anaesthetics

7.2.4. A&E

7.2.5. Maternity

- 7.2.6. Haematology / Blood Transfusion
- 7.2.7. Paediatrics

7.3. Training and education needs to be undertaken as part of local training.

8. DRILLS

- 8.1. A drill is to test the use of the protocol for major bleeding and to assess the local emergency system and modify local protocol.
- 8.2. Preparation for a drill:
 - 8.2.1. Staff should be faced with the drill in a normal clinical area and be unprepared.
 - 8.2.2. Drills should not conflict with patient care.
- 8.3. The drill organiser should have informed the clinical leads in advance.
- 8.4. An example of a drill should be prepared by each clinical area.
- 8.5. Clinical lead informs staff to proceed to act according to protocol for a situation that involves urgent blood. The situation is assessed:
 - 8.5.1. On the use of the protocol
 - 8.5.2. Communications with the lab
 - 8.5.3. The collection of blood
 - 8.5.4. The reassessment made on results
 - 8.5.5. The completion of documentation including audit proforma
- 8.6. Each clinical area must undertake at least 1 drill per year and include all relevant staff. Drills should be co-ordinated by the clinical lead plus senior nurse for that speciality.

9. AUDIT

Each event is recorded and a laboratory audit proforma completed. Participation in regional major haemorrhage audit. All incidents, where there are delays or problems, are to be investigated locally and reported to SHOT and MHRA.

10. HUMAN RIGHTS ACT

Implications of the Human Rights Act have been considered in the formulation of this policy and they have, where appropriate, been fully reflected in its wording.

11. ACCESSIBILITY STATEMENT

This document can be made available in a range of alternative formats e.g., large print, Braille and audiocd.

For more details, please contact the HR Department on 0194277(3766) or email equalityanddiversity@wwl.nhs.uk

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