**«Stopping nosebleeds (anterior nasal tamponade) »**

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| № | **Step** | **Step-by-step actions when performing a skill** |
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| 1. | Establish initial contact | He greeted, introduced himself to the patient, made the patient sit down.I asked for my name, age, profession. Asked for complaints. |
| 2. | Interrogate the patient's complaints.Get consent. | Explained to the patient the essence of the examination. Received consent to conduct. |
| 3. | Put on meanspersonal protection. | I washed my hands. Put on sterile gloves. Prepared the necessary tools. (nasal speculum, tweezers, tampons) |
| 4. | Prepare medical instruments and supplies. | Located to the right of the patient. In the left hand was a nasal mirror, in the right - tweezers |
| 5 | Position the patient | With tweezers, he grabbed a tampon, previously moistened with a solution, so that within 5-6 cm from the place of capture, the tampon was folded in half. Placed the free end of the tampon on the wrist of the left hand |
| 6 | Insert nasal speculum | The nasal speculum was inserted into the bleeding half (on the eve of the nasal cavity by 0.5-1 cm), the vestibule was expanded and the end of the tampon captured with tweezers was inserted as deep as possible into the upper-posterior parts of the nasal cavity, where it should be fixed between the septum and the turbinates. The forceps were removed from the nasal cavity. |
| 7 | Insert swab | He grabbed a tampon at a distance of 6-7 cm from the nose and inserted it along the bottom of the nasal cavity to a depth equal to the length of the working part of the forceps. The forceps were removed from the nasal cavity. |
| 8 | Reinsert the tampon | Then he repeated the maneuvers described in paragraph 7, while the length of the inserted part of the tampon decreased by 0.5-1 cm each time, until the entire half of the nasal cavity was tamponed. He gave the patient cold to the nasal area, parenterally administered hemostatic drugs. |
| 9 | Repeat maneuvers | Evaluated the effectiveness of the anterior tamponade. If the anterior tamponade was ineffective, he performed the posterior tamponade of the nasal cavity. Gave recommendations. Said goodbye. |