

Impact of a Single-Day Instructor Training on Perceived Competence in Teaching Pressure Point Hemorrhage Control

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Introduction

- While Manual pressure-point (MPP) techniques have historically faced criticism regarding effectiveness, **recent evidence supports their utility.**
- This study evaluated the effectiveness of a single-day educational intervention designed to enhance the skills of medical instructors at the Israel Defense Forces (IDF) Medical Corps in applying and teaching MPP.

Methods

- A **single-day educational intervention** aimed at improving medical instructors' perceived skills in applying and teaching manual pressure points at the Israel Defense Forces Medical Corps (IDF-MC) Academy.
- The intervention (November 2025) included a 45-minute lecture and supervised hands-on training (**1:9 instructor-to-trainee ratio**). A one-group pre-post design was used with an anonymous questionnaire.
- Responses were recorded using a five-point **Likert scale** ranging from 1 (very low level) to 5 (very high level).

Results

- A total of **108** medical instructors completed the pre-training questionnaire, and **38** completed the post-training questionnaire.
- The intervention resulted in a **significant improvement in self-perceived competence**: The proportion of participants reporting a "high" or "very high" perceived level of skill in performing pressure point hemorrhage control increased from 25.0% at baseline to 76.3% post-training ($p < 0.0000001$). Similarly, confidence in instructing these techniques rose from 27.8% to 65.8% ($p < 0.0001$).
- In performing femoral pressure point, 32 of 38 participants (84.2%) reported a high or very high perceived level of skill post training, and for the supraclavicular pressure point, 26 of 38 participants (68.4%) reported a high or very high perceived level of skill post training.

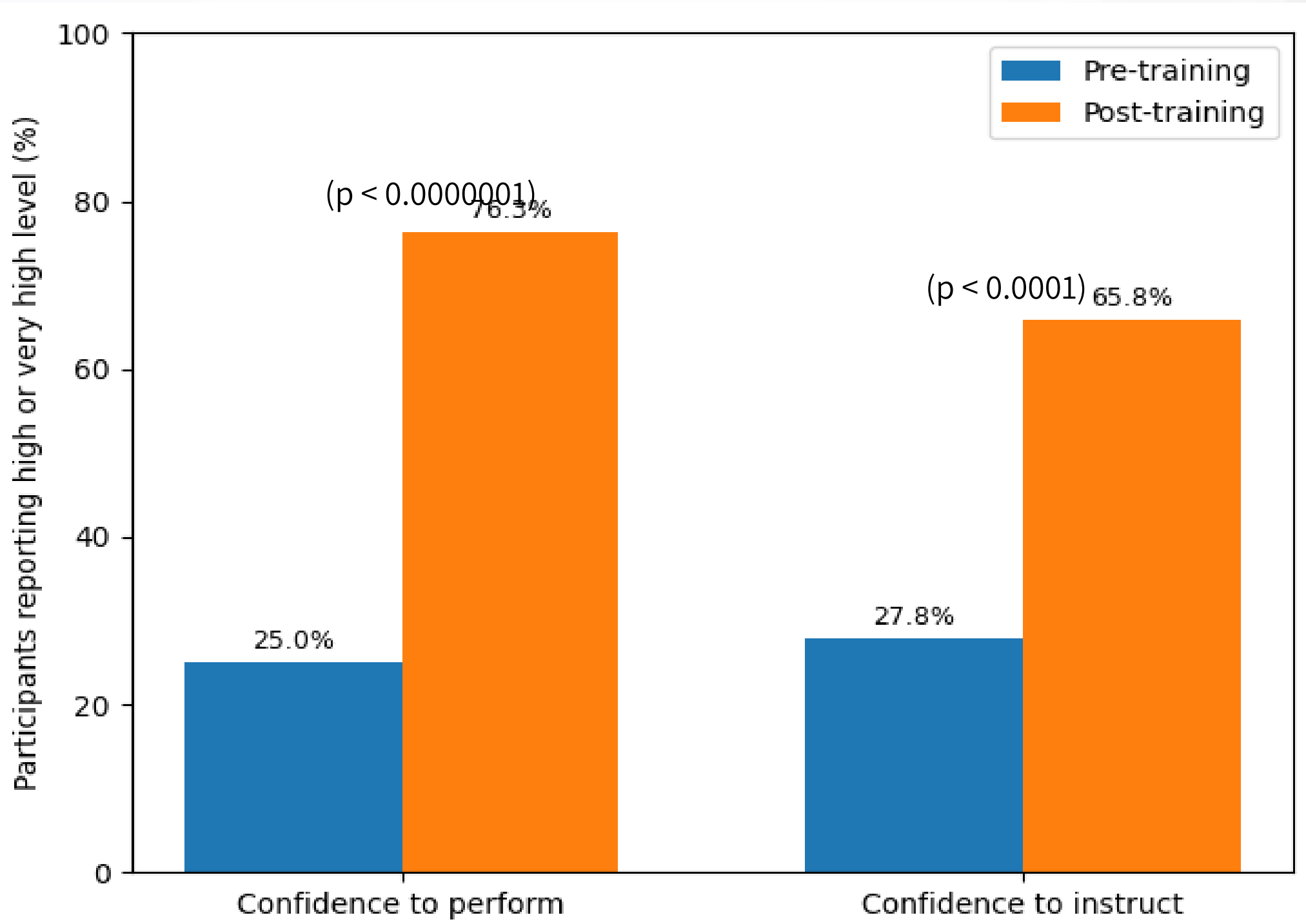


Figure 1. Proportion of medical instructors reporting a high or very high level of perceived competence before and after a single-day instructor training program.



Figure 2. Participants practicing manual pressure points during the training session.

Conclusions

- Supraclavicular MPP may represent a more technically complex** maneuver, requiring greater precision and anatomical familiarity than femoral MPP.
- A **focused, single-day train-the-trainer, educational intervention significantly improved medical instructors' self-perceived readiness to perform and teach MPP hemorrhage control.**



Disclaimer: This study was performed as part of the Israel Defense Forces Trauma and Combat Medicine Branch effort to improve the quality of combat casualty care and received no external funding or support.

