Introduction: Having good accuracy in estimating blood loss is vital to patient safety and care. It is important to recognize excessive blood loss because it is a significant cause of morbidity and mortality. The purpose of this study is to show how accurately Registered Nurse’s can estimate blood loss in a variety of situations. The demographics of the nurses considered were education level and work experience, to see if they had any effects on the results.

Review of Literature: In Bonica and Lyter’s (1951) investigation of blood loss, his findings concluded that blood loss is always greater than estimated. This is supported by Birkenshaw, Zahir, and Ryan (1998) who conducted a study using 10 paramedic and ambulance technicians. The review of this literature shows that overall experience and schooling of estimating blood loss does not play a role in one’s ability to accurately perform this skill.

Methods: Six different stations were set up with simulated blood for the participants to estimate the volume of blood in milliliters. Information was also collected regarding experience and area of expertise.

Results: Stations were overestimated on average. On average more experience correlated with better performance in estimation. RN’s with 0-5 years of experience overestimated 179%, 326%, 503%, 634%, 337%, and 246% on stations 1-6 respectively. RN’s with 20+ years of experience on average overestimated 126%, 202%, 256%, 326%, 249%, and 166% on stations 1-6 respectively.

Discussion: Based on the results we have gathered we recommend an educational program to be developed for nurses on estimating blood loss. This could guide future staff for estimating blood loss in order to improve registered nurses’ performance. It will also enhance nursing care and interventions that the patient will be receiving.