

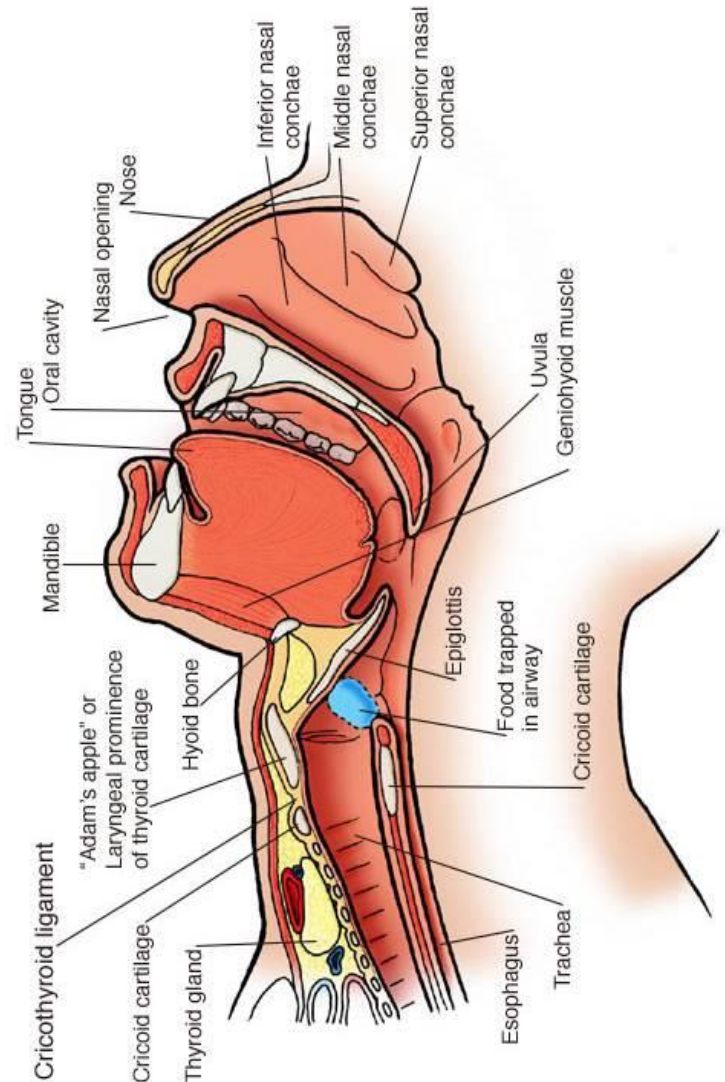
# Basic Life Support Choking Care



Dr.Samer Sara

# Choking

- The inability to breathe because of **airway obstruction** .
- Airway could be blocked by:
  - ❑ **Foreign object**.
  - ❑ **Anatomical structure** (tongue).
  - ❑ **Fluid or vomit**.
- Immediate care is needed to clear the obstruction.



# Preventing choking in adults

Choking results from **swallowing large pieces of food** that have not been chewed sufficiently:

- Eating quickly.
- Eating while engaged in other activities.
- More common in **alcoholism**.
- More likely in those **wearing dentures**.

# In children

- Choking is a serious threat to infant **up to 3-4 years of age** and a significant cause of death.
- Infants may put any **small object** in thier mouth.



THINKSTOCK

# Guidelines to prevent choking in infant

- Don't leave any **small objects** within the reach of an infant.
- Feed infants only **soft foods**.
- Never let a child **move around while eating**.
- Teach children **not to eat too fast or to talk or laugh while eating**.
- Don't give children **under age 3** food like:
  - Peanuts
  - Popcorn
  - Grapes
  - gums

# Airway Obstruction

- Complete airway obstruction:
  - victim is getting no air at all and consequently no oxygen in blood.
  - This victim will soon become unresponsive, and the heart will stop.
- Partial airway obstruction:
  - airway is partially blocked, but victim is still getting some air into the lungs.
  - Victim may get enough air to cough the object out.

# Responsive victim

## □ Partial obstruction:

- victim is **coughing forcefully** in an attempt to expel the object.
- victim may have **wheezing or high-pitched sounds**.

## – First aid:

- Encourage coughing to clear the object.
- Ask victim to incline down.
- Stay with the victim.
- Call 110 if the object is not immediately expelled.



# Responsive victim

## ☐ Total obstruction:

- victim may look **frantic and be clutching at the throat.**
- You may notice a **pale or bluish coloring** around the mouth and nail beds.
- victim **cannot speak.**



- Incline the victim on your arm.
- Give five shots on the victim back between the scapulas with the palm of your hand.
- If that doesn't work... **do Heimlich maneuver.**



# (Heimlich maneuver)

- **Stand behind** the victim with one leg forward between victim`s legs. keep your head slightly to one side.
- **Make a fist** with one hand and place the thumb against victim abdomen in **the midway between the navel and the xiphoid appendix**.
- **Grasp your fist** with your other hand and thrust inward and upward into the abdomen with quick jerks.
- **Continue** until victim expels the object.
- **If you don't succeed** you may try chest thrust and back blows.
- **With small child** kneel behind the child to reach around the abdomen .

## Abdominal Thrusts



1. lean the person forward slightly and stand behind him or her.



2. Make a fist with one hand.

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3. Put your arms around the person and grasp your fist with your other hand near the top of the stomach, just below the center of the rib cage.



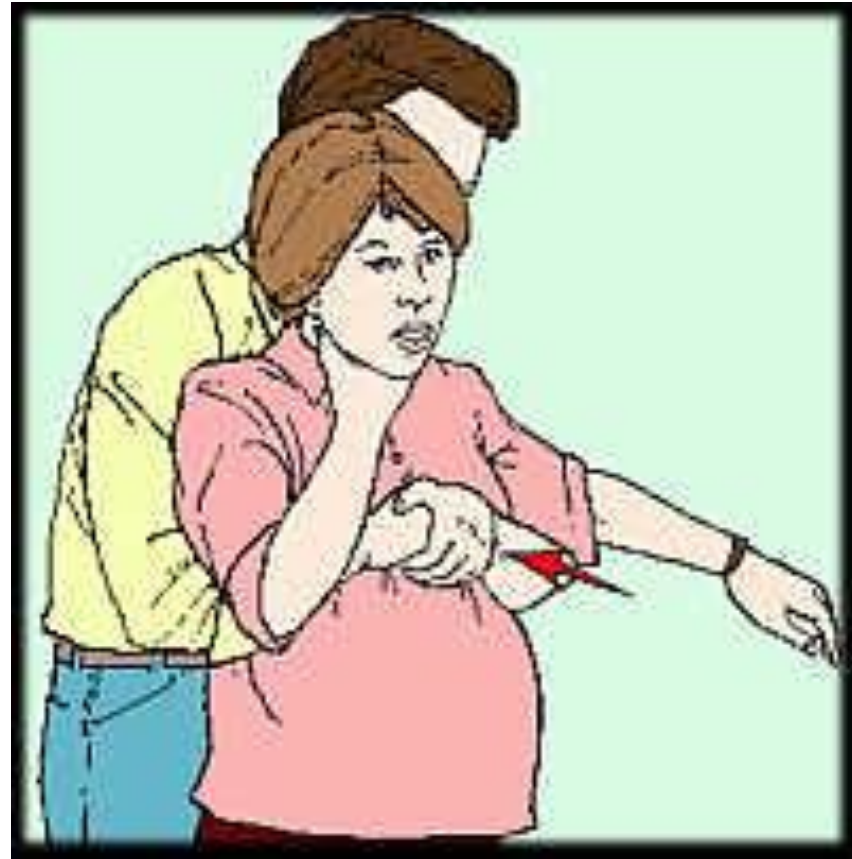
4. Make a quick, hard movement, inward and upward.



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Heimlich maneuver shouldn't be applied in:

- Pregnant woman.
- Very obese victim.
- Children under one year.



# Unresponsive victim

- assess breathing

**victim not breathing**



**Begin CPR**



# Choking care for unresponsive victim (adult and children)

Open the airway and determine whether victim is breathing.

- Tilt the head, lift the chin.
- Give 2 rescue breaths.
- If breaths don't go in, give 30 chest compression.
- Continue CPR....

# Choking care for responsive infant

1. Support infant head in one hand with the torso on your forearm and your thigh.
2. Give up to 5 back blows between the shoulder blades.
3. Check for expelled object.
4. With other hand on back of infant head, roll the infant to face up position.
5. Give 5 chest thrust with 2 fingers.
  - Repeat step 1-4 with alternating back blows with chest thrusts and checking the mouth..
  - Continue until the object is expelled or the infant becomes unresponsive.. Then give CPR.

Place the infant stomach-down across your forearm and give five quick, forceful blows on the infant's back with heel of your hand



Place two fingers in the middle of the infant's breastbone and give five quick downward thrusts



Remove the object with your finger ONLY if you can see it

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# Self-treating choking

- If you are alone **give yourself abdominal thrusts** to expel the object.
- you can use your hand or lean over and **push your abdomen against the back of a chair**.

