

Foreign Body Airway Obstruction – conscious adult (pages 303-304)

STUDY TIPS

If you see someone who looks as if they are choking, but is coughing forcefully or can speak, do not interfere with the person's attempts to cough up the object on their own.

However, if the person:

- a) Is not coughing forcefully
- b) Begins wheezing
- c) Makes no sound at all

... Then follow these 4 steps:

1. Ask, "Are you choking?"

Tell them you are trained in first aid, offer to help, have someone call 9-1-1.



*universal
choking sign*

2. Perform abdominal thrusts

- Victim is conscious and standing or seated.
- Use the thumb side of your fist against the middle of the victim's abdomen just above the navel and well below the lower tip of the breast bone.

*If you thrust ON the tip of the breast bone you could break it.



*abdominal
thrusting position*

3. Grasp your fist with your other hand

- Keep your elbows out and press your fist into the abdomen with a quick upward thrust.
- Stay on the midline of the abdomen, not to the right or the left.

4. The American Heart

Association (AHA) advises:

-Repeat thrusts until the obstruction is cleared or until the person loses consciousness.

The American Red Cross (ARC) advises:

-Alternate 5 back blows and 5 abdominal thrusts until the object is cleared or the victim loses consciousness.



back blow position

But... what if you are unable to perform abdominal thrusts? Pregnancy?

Then perform Chest Thrusts instead:

1. With the person either standing or sitting, stand behind them and place your arms under the person's armpits around the chest. The thumb side of your fist goes in the **MIDDLE** of the breastbone.



chest thrusts

*Be sure that your fist is not on the ribs and not on the tip of the breastbone.

2. Grasp your fist with the other hand and give backwards thrusts toward yourself.

3. Follow the same directions for step 4 of the previous section.



STUDY TIPS

How do you know when to stop?

- *If the object is coughed up or the person begins to breathe or cough. Watch to make sure the object is coughed up and the person can breathe freely again.*
- *Keep in mind that the person may have suffered internal injuries in the process and should always be taken to the hospital emergency department even if they appear to be fine.*

Foreign Body Airway Obstruction – unconscious adult (pages 305-306)

*First and foremost Activate EMS

1. Put the victim on their back.
2. Open the airway as you learned before.
3. Look, listen, feel for breathing.
4. Look for a dislodged object.
5. If the victim is not breathing, attempt 2 rescue breaths.
6. If you are unable to breathe air into the victim, re-tilt the head and try again.
7. If both breaths do not go in and there is no pulse, begin CPR with the 30/2 chest compression to breath ratio.
8. Continue with CPR until the patient regains consciousness or EMS arrives.

Finger sweep for a visible object only using gloves

- Kneel beside the victim's head. With their face up, open their mouth and grasp their tongue and lower jaw between the thumb and fingers of the hand nearest the victim's legs. Lift the jaw and the object may become dislodged by this simple action alone.



finger sweep

- With the jaw and tongue lifted look for the object. If you see it, slide the index finger of the opposite hand along the inside of the cheek and deep into the throat to the base of the tongue. Use a hook like action to dislodge the object and move it into the mouth to remove it. If you can reach it grab it, but be careful not to force it farther down into the airway.

STUDY TIPS

If the first attempts are unsuccessful, continue assisting the victim. The longer the victim goes without oxygen, the more the muscles will relax thus making it easier to clear the airway.

- If you are able to, give two rescue breaths and check the pulse. If there is no pulse administer CPR.

**The American Red Cross advises that if you are alone and choking and no one is around to help, you can do the “self-thrust” by placing your fist on the middle of your abdomen (as instructed to do when assisting someone) and give a quick upward thrust. You can also lean forward and press your abdomen over a firm, non-sharp object such as the back of a chair, railing, or sink.*



self abdominal thrust technique