

STUDY TIPS

Foreign Body Airway Obstruction – conscious infant/child (pages 312-314)

Look for the same signs as you would with an adult. Before attempting to help a choking child, ask the child's parents for permission. Tell them who you are and state your level of training.

- *A combination of back blows and chest thrusts are used to relieve airway obstruction in conscious infants to avoid causing abdominal injury.*

6 Steps to Help a Child:

1. Have a bystander call 9-1-1

2. Ask the child "Are you choking?"

3. If the child can not answer or shakes their head "yes" perform abdominal thrusts (AHA).

- Stand or kneel behind the child and wrap your arms around his or her waist.
- Make a fist with one hand.
- Place the thumb side of the fist against the middle of the victim's abdomen – just above the navel and well below the lower tip of the breastbone. Grasp your fist with your other hand.



*abdominal
thrusting position
– child*

4. Keeping your elbows away from the victim, press your fist into the child's abdomen with a quick upward thrust. Stay on the midline of the abdomen.

5. Repeat the thrusts

- Repeat until either the obstruction is cleared or the child becomes unconscious.

6. (ARC): Give 5 back blows followed by 5 abdominal thrusts



*back blow
position- child*

5 Steps to Help an Infant:

1. Have a bystander call 9-1-1

2. Give 5 back blows

- Place the infant on your forearm with their head lower than their trunk.
- Support the infant's head with your hand by firmly holding the jaw.
- Rest your forearm on your thigh.
- Deliver five back blows forcefully between the infant's shoulder blades with the heel of your other hand.



back blow

3. Turn the infant over to give chest thrusts.

- Place your free hand and forearm along the infant's head and back so that the infant is sandwiched between your two hands and forearms. One hand supports the neck, jaw, and chest from the front, while the other supports the back.
- Turn the infant as a unit on his/her back.
- Rest the arm that is supporting the infant on your thigh. Make sure that the infant's head is lower than their trunk.



*step 1 and 2
infant flipping
demonstration*



4. Give 5 chest thrusts:

- Find the space over the breastbone between the infant's nipples.
- Place two fingers in the midline.
- Compress the breastbone and allow it to come back to its normal position while maintaining your contact. Repeat 5 times.



chest thrust

5. Continue

- Give 5 back blows and 5 chest thrusts until the object is expelled or the infant loses consciousness.

STUDY TIPS

How do you know when to stop and what to do next?

- *Stop if the object is coughed up or the child or infant begins to breathe or cough.*
- *Watch to see the object has been removed from the airway and that they are breathing freely again.*
- *After the object is coughed up, the child or infant may still have problems breathing that are not clear to you.*
- *Take the child to the emergency room even if they appear to be fine.*

Foreign Body Airway Obstruction – unconscious infant/child (pages 314-316)

13 Steps for an UNCONSCIOUS infant or child:

*(Steps 1-6 are the same as for a **conscious** infant or child)*



*check airway
(child)*

7. If you are unable to breathe air into the infant or child:

- Reposition the head.
- Give two more breaths.

8. If still unable to breathe air into the infant or child move on to step #9 or #10.

9. Infant: Give 30 compressions and 2 rescue breaths as you did in CPR.

However, look for an object in the infant's mouth each time, before you give the breaths.

10. Child: Give 30 compressions and 2 rescue breaths as you did in CPR.

However, look for an object in the child's mouth each time, before you give the breaths. The child should be face up and on a firm surface.

11. Foreign body check:

- Following chest thrusts open the victim's mouth.
- Insert your thumb into the mouth and grasp both the tongue and the lower jaw between the thumb and the fingers.
- Lift upward to draw the tongue away from the back of the throat – this may partially relieve the obstruction.
- Look for the object.
- Only if you can see it, try to remove it.
- Since children and infants have smaller mouths, inserting a finger into the mouth may push a foreign body back into the airway and cause further obstruction.



finger sweep child



finger sweep infant

12. Open the airway with the head-tilt/chin-lift and give 2 breaths.

13. Continue giving chest thrusts.

- Follow with foreign body check.
- Open the airway and give two breaths until the obstruction is removed or EMS arrives.

**If you are able to breathe air into the child's lungs, give 2 breaths and check the pulse. If there is a pulse, but no breathing, continue rescue breathing. If no pulse, begin CPR.*

**If the child regains breathing and circulation, put them in the recovery position and monitor them as you would an adult and keep them still.*