



Tishk
International University



TISHK INTERNATIONAL UNIVERSITY
FACULTY OF APPLIED SCIENCE
Physiotherapy Department

First Aid for Choking

Autumn Semester 2023-2024
Course Name : **Basic Emergency Life Support**
Stage : 2 Lecture 2: Choking
Lecture: Dr. Soma Majedi

First Aid for Choking

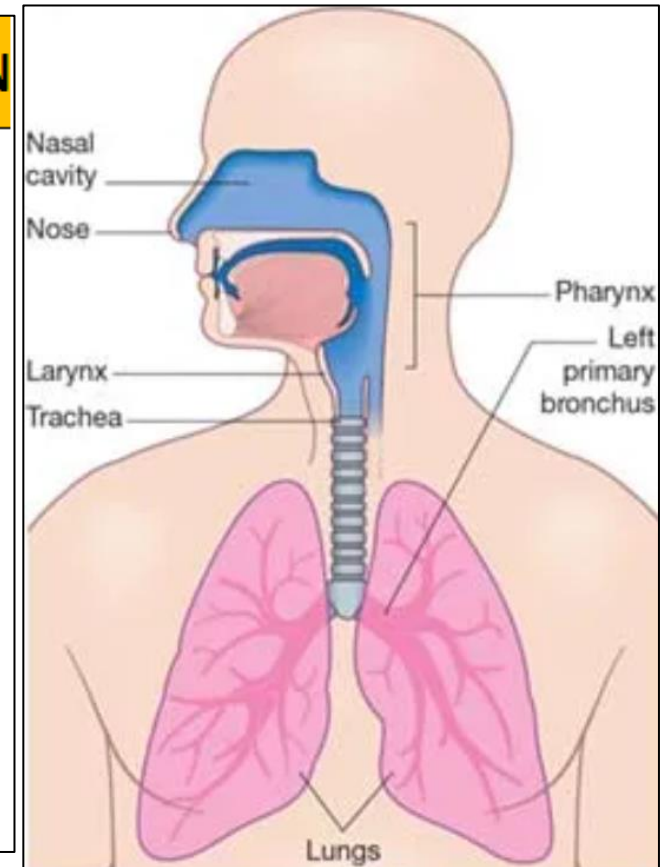
Choking Check Mouth Back Blows Chest Thrust Cough up Object

Choking Back Blows Abdominal Thrust Cough up Object

Choking Back Blows Abdominal Thrust Cough Up Object

Choking

PARTIAL OBSTRUCTION	COMPLETE OBSTRUCTION
<p>SIGNS AND SYMPTOMS</p> <ul style="list-style-type: none"> ⦿ difficulty in breathing ⦿ wheezing ⦿ snoring sound ⦿ persistent cough ⦿ cyanosis (blue skin colour) ⦿ in children and infants <ul style="list-style-type: none"> ○ flaring of the nostrils ○ in-drawing of the tissues above the sternum and in between the ribs 	<p>SIGNS AND SYMPTOMS</p> <ul style="list-style-type: none"> ⦿ unable to breathe, speak or cough ⦿ agitated and distressed ⦿ may grip the throat ⦿ bluish skin colour ⦿ rapid loss of consciousness





Chain of survival for all ages. The links in the chain are: prevention, immediate recognition and activation, early CPR and rapid defibrillation, and advanced life support with integrated post-cardiac arrest care

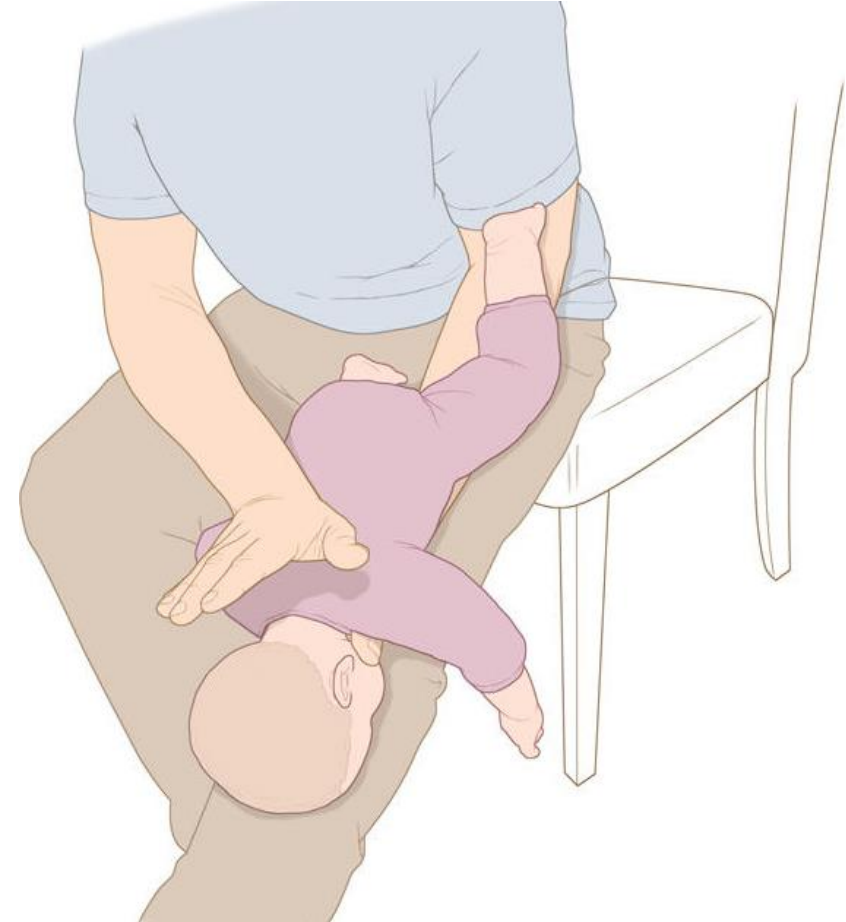
First Aid for a Baby who is Choking

❖ A baby who is choking will be unable to cry, cough, make any noise or breathe.

1. Give up to five back blows:

Hold the baby face-down along your thigh with their head lower than their bottom. Hit them firmly on their back between the shoulder blades up to five times. If back blows do not dislodge the blockage, move on to step 2.

(Back blows create a strong vibration and pressure in the airway, which is often enough to dislodge the blockage, allowing them to breathe again. Support their head while you hold them in position).



2. Give up to five chest thrusts:

Turn the baby over so they are facing upwards. Place two fingers in the middle of their chest just below the nipples. Push sharply downwards up to five times.

Chest thrusts squeeze the air out of the baby's lungs and may dislodge the blockage.



3. Call 112 if the blockage does not dislodge.



Continue with cycles of back blows and chest thrusts until the blockage dislodges, help arrives, or the baby becomes unresponsive. If you can't call 112, get someone else to do it.

How to help an adult who is choking.

Someone who is choking may be clutching at their chest or neck and **won't be able to speak, breathe or cough.**

1. If someone is choking, encourage them to cough.



2. Bend them forwards and give up to 5 back blows to try and dislodge the blockage.



How to help an adult who is choking.

3. If they are still choking, give up to 5 **abdominal thrusts**: Hold around the waist and pull inwards and upwards above their belly button.

3



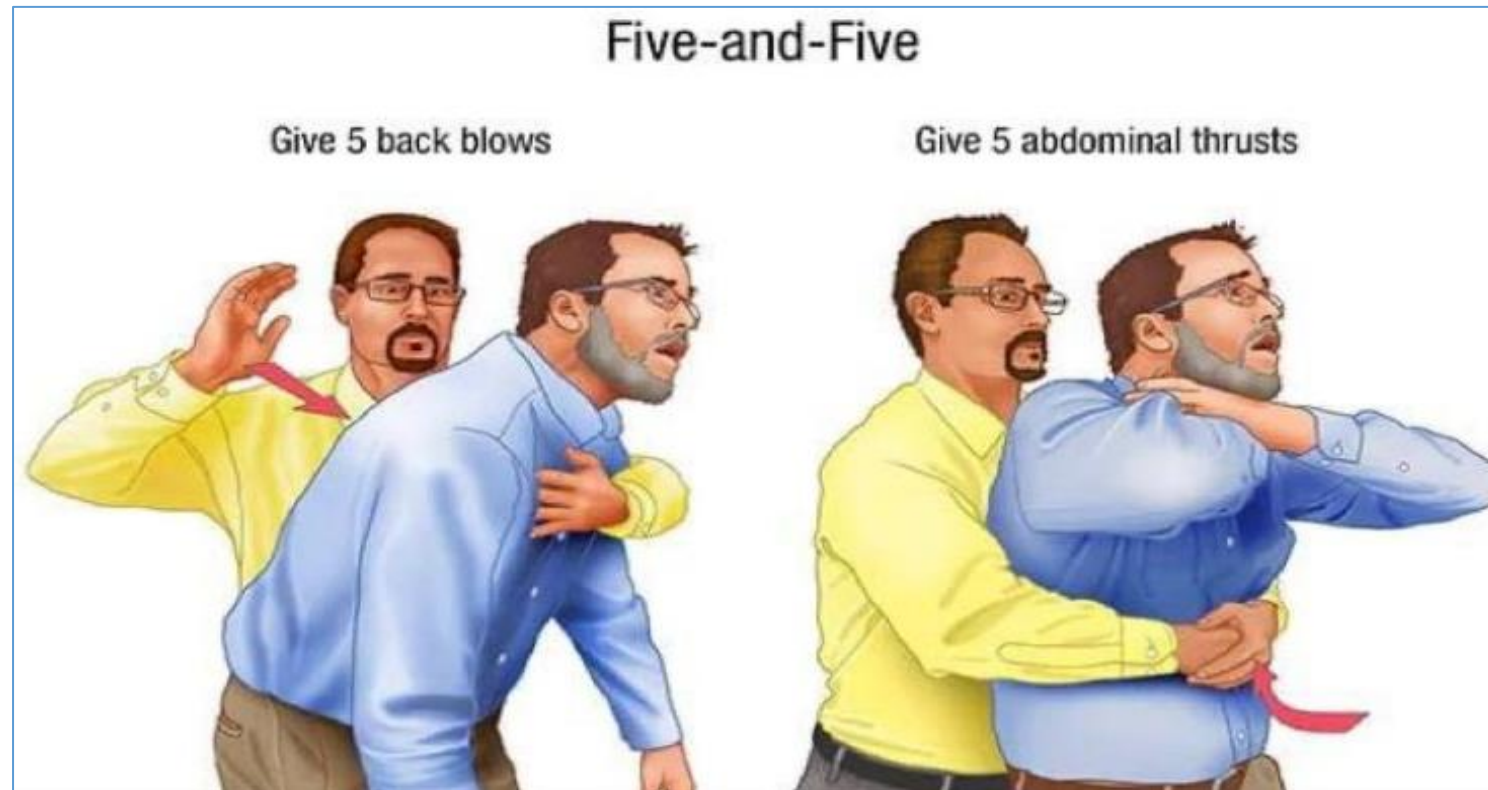
4



4. If they are still choking call 112.

How to help an adult who is choking.

- **Back blows** create a **strong vibration** and **pressure** in the airway, which is often enough to **dislodge** the **blockage**.



Dislodging the blockage will allow them to breathe again.

How to perform abdominal thrusts on yourself

To give yourself abdominal thrusts, also called the **Heimlich maneuver**, place a fist slightly above your navel. Grasp your fist with the other hand and bend over a hard surface. Shove your fist inward and upward.



Drowning

The term used for survival after suffocation caused by submersion in water or other fluids.

Signs and Symptoms

- ✓ Pale
- ✓ Cool Skin
- ✓ Absent, Rapid or Labored respirations
- ✓ Decreased level of consciousness
- ✓ Coughing
- ✓ May have rapid, weak, slow or absent pulse



Drowning

WHAT TO DO?



1 Clear out the mouth and keep a close eye on breathing to ensure that it has not stopped.

1

2

2 Ensure an open airway and that the person is breathing.



3 Tilt the head, check the mouth, and lift the chin.

3

4

4 Check for breathing for up to 10 seconds.



5 If the victim is not breathing, provide rescue breathing before moving on to full CPR as necessary.

5



REFERENCE



<https://www.redcross.org.uk/first-aid/learn-first-aid/choking>

<https://www.youtube.com/watch?v=UZLqMqD2YF4>

<https://www.youtube.com/watch?v=SqpcTF2HFvg>

https://www.youtube.com/watch?v=ePodw7L_mFM

https://www.google.com/search?q=first+aid+for+drowning&source=lmns&tbm=vid&bih=739&biw=1536&hl=en&sa=X&ved=2ahUKEwjfzZGSu4-CAxWcdKQEHVN-Ce0Q_AUoAnoECAEQAg#fpstate=ive&vld=cid:2ad1462a,vid:z2SAdx5uSDw,st:0

Basic Life Support, National Health Care Provider Solutions Handbook

Basic Life Support

Provider handbook

National Health Care Provider Solutions

