

CHAPTER 16 PROCEDURE CHECKLISTS

PROCEDURE 16-1

Relieving Foreign-Body Airway Obstruction in Conscious Adults and Children Older Than 1 Year

Getting Ready

	S	U	COMMENTS
1. Check the person's ability to breathe and speak by tapping him or her on the shoulder and saying, "Are you okay? Can you talk? I can help you." A person who cannot breathe or speak needs immediate help.	<input type="checkbox"/>	<input type="checkbox"/>	_____
2. If the person starts to cough, wait and see whether the coughing will dislodge the object. If the person's cough is weak and ineffective, or if the person is in obvious distress, continue with <i>step 3</i> .	<input type="checkbox"/>	<input type="checkbox"/>	_____
3. Stay with the person and call for help. Have the person who is helping you activate the facility's emergency response system.	<input type="checkbox"/>	<input type="checkbox"/>	_____
4. Stand behind the person with the obstructed airway and wrap your arms around his or her waist. The person may be sitting or standing.	<input type="checkbox"/>	<input type="checkbox"/>	_____
5. Make a fist with one hand and place the thumb of the fist against the person's abdomen, just above the navel and below the sternum (breastbone). Grasp your fist with the other hand. (Do not tuck your thumb inside your fist.)	<input type="checkbox"/>	<input type="checkbox"/>	_____
6. Being careful not to put pressure on the person's ribs or sternum with your forearms, press your fist inward and pull upward, using quick thrusting motions, until the object is expelled, the person begins to cough forcefully, or the person loses consciousness. (Give each thrust with the intent of relieving the obstruction.)			
a. If the object is expelled, stay with the person, and follow the nurse's directions.	<input type="checkbox"/>	<input type="checkbox"/>	_____
b. If the person begins to cough, wait and see whether the coughing results in expulsion of the object. If it does not, continue giving abdominal thrusts.	<input type="checkbox"/>	<input type="checkbox"/>	_____
c. If the person loses consciousness, lower the person to the floor and begin Procedure 15-2, beginning with step 6.	<input type="checkbox"/>	<input type="checkbox"/>	_____
7. The person should be evaluated by a doctor following the choking incident.	<input type="checkbox"/>	<input type="checkbox"/>	_____
8. Record your observations and actions according to your facility's policy.	<input type="checkbox"/>	<input type="checkbox"/>	_____

PROCEDURE 16-2**Relieving a Foreign-Body Airway Obstruction in Unconscious Adults and Children Older Than 1 Year****Getting Ready**

	S	U	COMMENTS
1. Responsiveness: Check the person's state of consciousness by gently shaking or tapping her. Quickly check to see if the person is breathing (at least 5 seconds, but no more than 10 seconds).	<input type="checkbox"/>	<input type="checkbox"/>	_____
2. Stay with the person and call for help. Have the person who is helping you activate the facility's emergency response system.	<input type="checkbox"/>	<input type="checkbox"/>	_____
3. Check for a pulse (no more than 10 seconds). If there is no pulse, go on to step 6.	<input type="checkbox"/>	<input type="checkbox"/>	_____
4. Rescue breathing: If you feel a definite pulse, open the airway, using a head tilt–chin lift maneuver, and deliver one breath into the person's mouth through a ventilation barrier device. Deliver enough air into the person to make the person's chest rise.	<input type="checkbox"/>	<input type="checkbox"/>	_____
5. If the chest does not rise, repeat the head tilt–chin lift <i>maneuver</i> and give a second breath. If you are unable to ventilate the person after two attempts, promptly begin chest compressions.	<input type="checkbox"/>	<input type="checkbox"/>	_____
6. Chest compressions: If the person does not have a pulse, or if you are unable to ventilate the person after two attempts, begin chest compressions. To give chest compressions:			
a. Kneel beside the person.	<input type="checkbox"/>	<input type="checkbox"/>	_____
b. Place the heel of your hand closest to the person's head on his sternum (breastbone) and place your other hand on top and interlock your fingers.	<input type="checkbox"/>	<input type="checkbox"/>	_____
c. Position your body forward so that your shoulders are over the center of the person's chest and your arms are straight. You will want to compress straight down and up. Do not rock back and forth.	<input type="checkbox"/>	<input type="checkbox"/>	_____
d. Push hard, push fast: Compress the chest at a rate of at least 100 compressions per minute with a depth of at least 2 inches for adults and approximately 2 inches for children. Allow the chest to recoil completely after each compression.	<input type="checkbox"/>	<input type="checkbox"/>	_____
7. After you have given 30 chest compressions, quickly open the person's mouth wide and look for the object. If you see an object that can easily be removed, remove it with your fingers.	<input type="checkbox"/>	<input type="checkbox"/>	_____

8. Perform the head tilt–chin lift maneuver. Blow one breath into the person’s mouth through a ventilation barrier device. If the air does not go in, repeat the head tilt–chin lift maneuver and attempt one breath again.
9. If the breath does not go in, continue with the chest compressions, object check, and ventilation attempt cycle until the obstruction has been relieved or advanced help arrives.
10. Repeat the chest compression–object check–rescue breathing sequence until the object is expelled, rescue breathing is successful, or other trained personnel arrive and take over.

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PROCEDURE 16-3**Performing Chest Thrusts in Conscious Adults and Children Older Than 1 Year****If the Person Is Conscious**

	S	U	COMMENTS
1. Stand behind the person and place your arms under the person's armpits and around his or her chest.	<input type="checkbox"/>	<input type="checkbox"/>	_____
2. Make a fist with one hand and place the thumb of the fist against the center of the person's sternum. Be sure that your thumb is centered on the sternum, not on the lower tip of the sternum (the xiphoid process) and not on the ribs.	<input type="checkbox"/>	<input type="checkbox"/>	_____
3. Give up to five quick chest thrusts by grasping your fist with your other hand and pressing inward five times. Each thrust should compress the chest at least 2 inches.	<input type="checkbox"/>	<input type="checkbox"/>	_____
4. Continue to give chest thrusts until the object is expelled, the person begins to cough forcefully, or the person loses consciousness.			
a. If the object is expelled, stay with the person, and follow the nurse's directions.	<input type="checkbox"/>	<input type="checkbox"/>	_____
b. If the person begins to cough, wait and see whether the coughing results in expulsion of the object. If it does not, continue giving chest thrusts in groups of five.	<input type="checkbox"/>	<input type="checkbox"/>	_____
c. If the person loses consciousness, lower the person to the floor and begin Procedure 15-2, beginning with step 6.	<input type="checkbox"/>	<input type="checkbox"/>	_____
5. The person should be evaluated by a doctor following the choking incident.	<input type="checkbox"/>	<input type="checkbox"/>	_____
6. Record your observations and actions according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>	_____

PROCEDURE 16-4**Relieving a Foreign-Body Airway Obstruction in a Conscious Infant**

	S	U	COMMENTS
1. Check the infant's ability to breathe and cry. An infant who cannot breathe or cry needs immediate help.	<input type="checkbox"/>	<input type="checkbox"/>	_____
2. Stay with the infant. Call for help and have the person who is helping you activate the emergency response system.	<input type="checkbox"/>	<input type="checkbox"/>	_____
3. Kneel or sit with the infant in your lap.	<input type="checkbox"/>	<input type="checkbox"/>	_____
4. Hold the infant facedown with the head lower than the chest, resting on your forearm. Rest your forearm on your lap or thigh and support the infant's head and jaw with your hand. Be careful to not put pressure on the soft tissues of the infant's throat.	<input type="checkbox"/>	<input type="checkbox"/>	_____
5. Give up to five backslaps forcefully (between the infant's shoulder blades), using the heel of your hand. Be sure that you continue to support the infant's head and neck by firmly holding the baby's jaw between your thumb and forefinger.	<input type="checkbox"/>	<input type="checkbox"/>	_____
6. If the backslaps do not dislodge the foreign object, you must turn the infant over in preparation for administering chest thrusts. Turn the infant over by placing your free hand and forearm along the infant's head and back so that the infant is sandwiched between your hands and forearms. Continue to support the infant's head between your thumb and forefinger from the front, while you cradle the back of the head in the palm of your other hand. Turn the infant onto his or her back. Lower your arm onto your thigh so that the infant's head is lower than his or her chest.	<input type="checkbox"/>	<input type="checkbox"/>	_____
7. To locate the correct place to give chest thrusts, imagine a line running across the infant's chest between the nipples. Place the pads of your first two fingers on the infant's sternum (breastbone), right below this imaginary line. If you feel the notch at the end of the infant's sternum, move your fingers toward the infant's head so that your fingers are over the center of the sternum.	<input type="checkbox"/>	<input type="checkbox"/>	_____
8. Perform up to five quick chest thrusts at the rate of about 1 per second, compressing the sternum approximately 1½ inches.	<input type="checkbox"/>	<input type="checkbox"/>	_____

9. Repeat the backslap–chest thrust sequence until the foreign body is expelled, the infant begins to cough forcefully, or the infant loses consciousness.
- a. If the foreign body is expelled, stay with the infant, and follow the nurse's directions. ☐ ☐ _____
- b. If the infant begins to cough, wait and see if the coughing results in expulsion of the object. If it does not, continue giving five backslaps followed by five chest thrusts. ☐ ☐ _____
- c. If the infant loses consciousness, initiate Procedure 15-5, beginning with step 4. ☐ ☐ _____
10. The infant should be evaluated by a doctor following the choking incident. ☐ ☐ _____
11. Record your observations and actions according to facility policy. ☐ ☐ _____

PROCEDURE 16-5**Relieving a Foreign-Body Airway Obstruction in an Unconscious Infant**

	S	U	COMMENTS
1. Check the infant's responsiveness by gently shaking the infant and speaking to him. An unresponsive infant needs immediate help. If there is no response and no breathing or only gasping, shout for help.	<input type="checkbox"/>	<input type="checkbox"/>	_____
2. Stay with the infant and have anyone who responds to your shout activate the emergency response system.	<input type="checkbox"/>	<input type="checkbox"/>	_____
3. Place the infant on a flat surface and check the infant's pulse by finding the brachial artery located on the inside of his upper arm. Check for a pulse for at least 5 seconds but no more than 10 seconds.			
4. If there is no pulse, or if the pulse rate is less than 60 beats per minute, place your first two fingers in the middle of the infant's sternum, just below the nipple line and begin chest compressions. Push hard and fast, compressing the infant's sternum down at least one third the depth of the chest (approximately 1½ inches), at a rate of at least 100 compressions per minute.	<input type="checkbox"/>	<input type="checkbox"/>	_____
5. After delivering 30 chest compressions, open the infant's airway by tilting the head back slightly and lifting the chin until the infant's nose points toward the ceiling. Look for the object in the back of the throat. If you see an object you can easily remove, remove it.	<input type="checkbox"/>	<input type="checkbox"/>	_____
6. Maintaining the head tilt–chin lift maneuver to keep the airway open, cover the infant's nose and mouth with your mouth or an airway device and blow two slow breaths into the infant's mouth, removing your mouth and inhaling between each breath. You should see the infant's chest rise with each breath.	<input type="checkbox"/>	<input type="checkbox"/>	_____
7. If the chest does not rise, repeat the head tilt–chin lift maneuver and attempt to deliver breaths again	<input type="checkbox"/>	<input type="checkbox"/>	_____
8. If the chest still does not rise, repeat steps 4 through 7 until the foreign object is expelled, rescue breathing is successful, or other trained personnel arrive and take over.	<input type="checkbox"/>	<input type="checkbox"/>	_____
9. The infant should be evaluated by a doctor following the choking incident.	<input type="checkbox"/>	<input type="checkbox"/>	_____
10. Record your observations and actions according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>	_____