

## **Module II: Adult Conscious Choking, CPR, and Unconscious Choking**

### **Adult Conscious Choking (12 and over)**

Choking is a breathing emergency.

**Step 1:** “I know first-aid, can I help?”

**Step 2:** *If the person is making noise, encourage them to continue to cough*

**Step 3:** *If they cannot cough, speak or breathe, give back blows and abdominal thrusts.* To give back blows and abdominal thrusts, get behind them and give 5 back blows, followed by 5 abdominal thrusts. Continue this cycle until the object is removed or they go unconscious.

### **Checking the Unconscious Adult: (12 and over)**

As you have already learned, you check the scene, and then check the person for life threatening conditions. Go back to the acronym **ABC**. We will now explain how you check for each of these areas.

#### **Airway and Breathing:**

**Step 1:** Tap Shoulder and shout “are you okay?” – No response call for help/911

**Step 2:** Open airway (tilt head, lift chin) Look –Listen – and feel for respiration/*signs of life for no more than 10 seconds.*

**Step 3:** If no breathing, give **2** rescue breaths

**Step 4:** If breathing, place in rescue position and monitor Airway, Breathing and Circulation. If not breathing, quickly scan the body for severe bleeding and get into position to start CPR.

**How to give a rescue breath:** Tilt head, lift chin, pinch nose, take a breath, make complete seal over person’s mouth, blow in to make chest clearly rise. *Each breath should last about 1 second.* Giving a rescue breath is not the same as rescue breathing. Rescue breathing will be used with Children only.

***Signs of trouble breathing*** include noisy or painful breathing, usually deep or shallow breathing, and or changes in skin color.

**Obstructed Airway-** Breaths did not go in, re-position and try again, if they still do not go in get into position to start chest compressions. Chest compressions for choking look just like CPR. Care for the unconscious choking victim looks just like CPR with the exception that after the 30 compressions you look into the victim’s mouth to see if you see an object. If you see

something, remove it and go back to attempting to give two breaths. Give care based on what you find. You will cycle based on if the breaths go in.

**Circulation:** The C in ABC's. In adults we no longer check for a pulse. The thought is that if adults are not breathing that the heart is not beating either. Chest compressions are done to circulate blood. (Modified Chest compressions are used in the unconscious choking adult)

### **Chest Compressions: Adult**

#### **STEP 1:**

- Position hand in the center of the chest, over the breast bone.
- Position the shoulders over the hands
- Compress the chest smoothly to a depth of about 2 inches 30 times in about 18 seconds.
- Give 2 rescue breaths.

*30 compressions/2 breaths is called a cycle. In Adult CPR you should perform about 5 cycles in 2 minutes. Timing/pace is important.*

#### **STEP 2: Continue CPR until –**

- *Scene becomes unsafe*
- *You find signs of life*
- *An AED is ready to use*
- *You are too exhausted to continue*
- *Another trained responder arrives and takes over*

*In CPR for the adult, you do not stop care and reassess as in the past.*

**CPR is an important link in the Cardiac Chain of survival in that, CPR helps circulate blood that contains oxygen to the vital organs until an AED is ready to use or advanced medical help arrives. Chest pain that lasts more than 3 – 5 minutes or that goes away and come back is likely a sign of a heart attack.**