

Module III: Child Conscious Choking, CPR, and Unconscious Choking

Child Conscious Choking (1 to 12 year old)

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. Position your hands just above the navel for abdominal thrusts. Continue this cycle until the object is removed or they go unconscious.*

Signs of Trouble Breathing in Children: *Agitation, slow or rapid breathing, and/or pale, flushed or bluish skin tones.*

Checking the Unconscious Child: (1 to 12 year old)

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, have someone call for help/911. If you see the child go down and you are alone, call 911, otherwise with children give 2 minutes of care then call for help.

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 breaths go in, **CHECK** for a pulse (for no more than 10 seconds) and quickly scan for severe bleeding. (**Tip:** *to find the carotid pulse, place your fingers in the middle of the throat and slide your fingers into the groove on the neck*)

Step 5: If the child is 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. If on step 4 you have a heartbeat, but no breathing, *you give one breath every 3 seconds.* Each breath will last about 1 second. Be careful to not blow too forcefully in children. *You should stop and check for signs of life about every two minutes.*

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, in children we do. The thought is that there are many things that may make a child stop breathing, while not initially affecting heart function. *CPR performed early on a child whose heart has stopped beating keeps vital organs supplied with oxygen containing blood.*

Chest Compressions: Child

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 1 -1/2 inches, A cycle is still 30 compressions to 2 breaths..*
- 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*

SKILLS CHECK FOR THIS MODULE:

Child Conscious Choking

Child Unconscious Choking

Rescue Breathing

Child CPR