



الجامعة الإسلامية العالمية ماليزيا
INTERNATIONAL ISLAMIC UNIVERSITY MALAYSIA



Laboratory First Aid Module:

Managing A Client with Chocking



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Outlines

- Principle of first aid
- Choking
- Emergency Action Plan

Definition

First Aid

- **Immediate treatment given** to the ill or injured victim, before the arrival of or before shifting to the hospital

Principle of First Aid

- **Preserve Life**
 - Airway
 - Breathing
- **Prevent deterioration**
 - Stop bleeding
 - Treat shock
 - Treat other injuries
- **Promote recovery**
 - Reassure
 - Relieve pain
 - Handle with care
 - Protect from harm



Choking



Definition

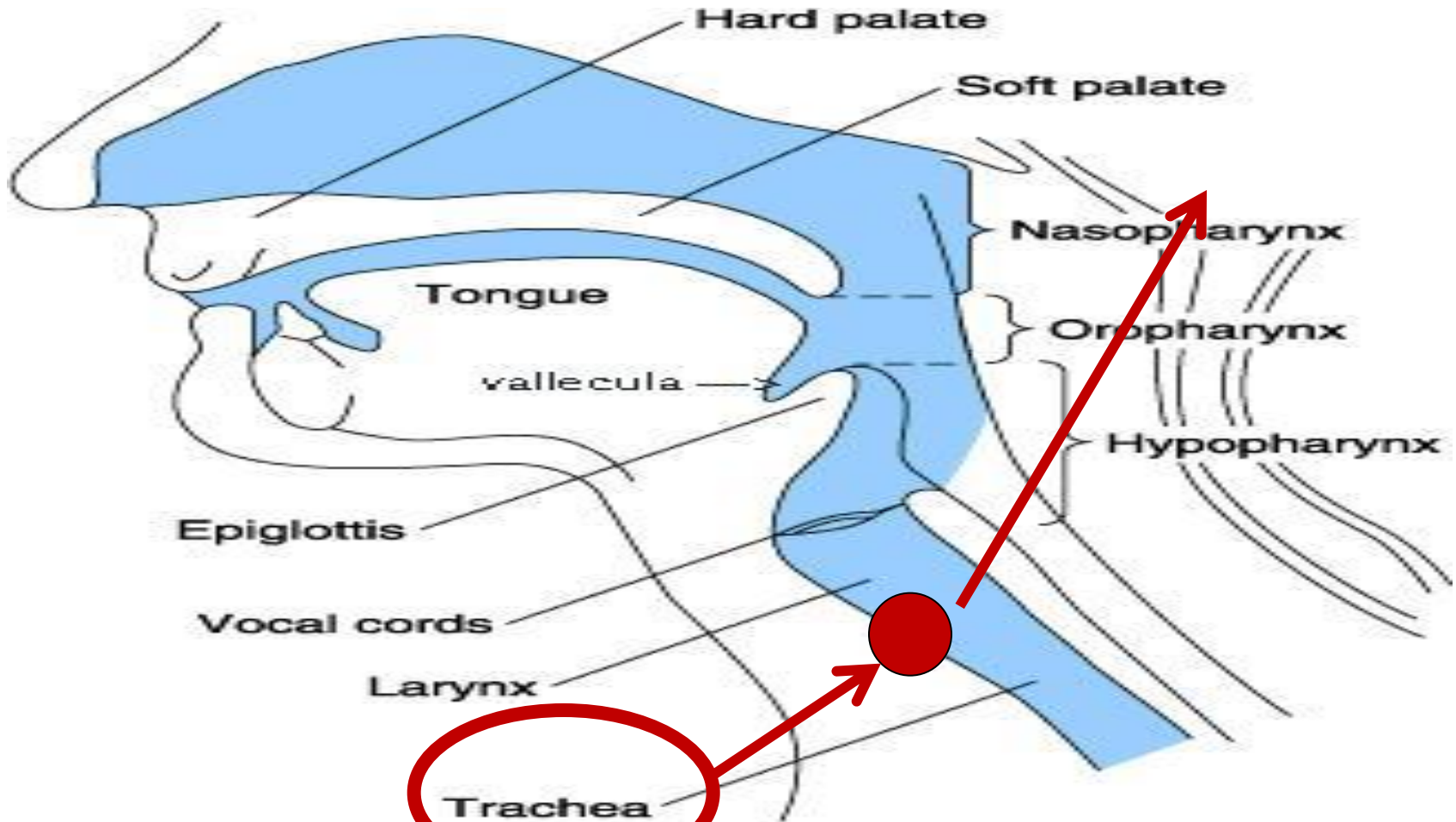
Choking

- Inability to breathe because the trachea is blocked, constricted, or swollen shut.

Most common cause of choking



HOW CHOKING OCCUR?



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Choking in adult & child above 1 year

SIGNS	MILD OBSTRUCTION	SEVERE obstruction
"Are you choking"	"YES"	Unable to speak
Other signs	<ul style="list-style-type: none">✓ can speak✓ cough✓ breath✓ wheeze between coughs	<ul style="list-style-type: none">✓ can't breath✓ respiratory distress✓ attempt to cough but NO sound✓ can't speak✓ cyanosis✓ make choking signs✓ unconsciousness

Basic first aid steps for adult choking

Assess

- The scene
 - the person's condition.

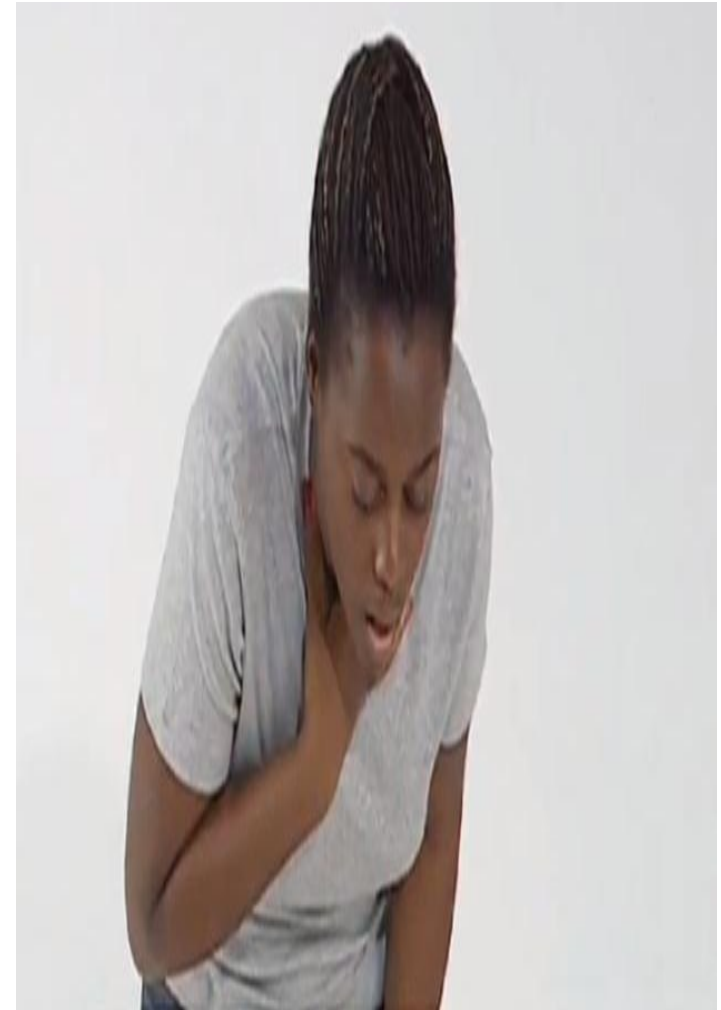
Plan

- Medical help

Implement

If the person can speak, cough or breathe:

- Encourage coughing.
- Stay till he breaths normally.



Basic first aid steps for choking adults

Implement :

Put your arms around the person and grasp your fist with your other hand near the top of the stomach, just below the center of the rib cage.



Make a quick, hard movement, inward and upward.



✓ Relieving choking in responsive adult / child >1 yr



- Heimlich maneuver (abdominal thrusts with victim standing)

Basic first aid steps for choking of pregnant women or obese people

- The assessment and plan remain the same.

Implement :

- Position hands higher on the chest.
- **Chest thrust**



How to rescue yourself?!



Place fist above navel while grasping fist with other hand. Leaning over a chair or counter-top, drive your fist towards yourself with an upward thrust

 ADAM.

Relieving choking in unresponsive

Check response & breathing

Shout for help

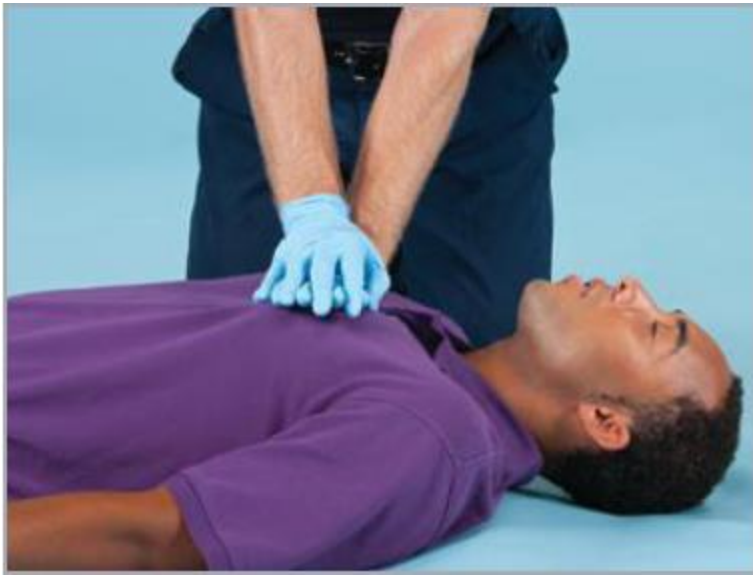
Activate ERS and Get AED

Begin CPR (Do not check pulse)

30 compression

Open mouth wide & look for object

2 breaths





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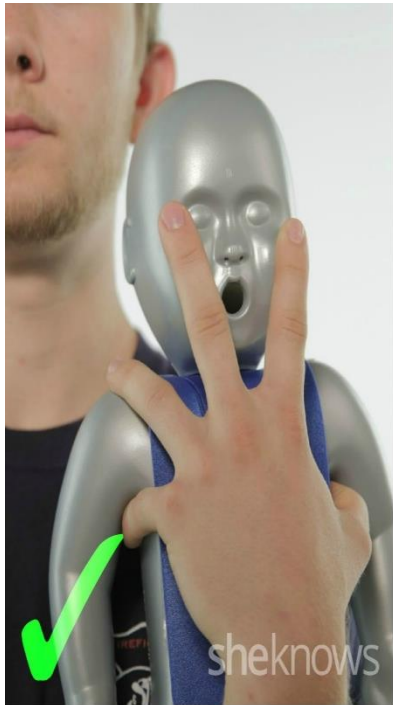
Relief of choking in Infants

Choking in Infants

SIGNS	MILD OBSTRUCTION	SEVERE obstruction
	<ul style="list-style-type: none">✓ can make sound✓ cough✓ breath✓ wheeze between coughs	<ul style="list-style-type: none">✓ can't breath✓ respiratory distress✓ attempt to cough but NO sound✓ can't make sound✓ cyanosis✓ unconsciousness

Relieve choking in responsive infant

- Kneel/ sit with infant in your lap
- Deliver 5 back slaps and chest thrusts



Relieve choking in unresponsive infant

Check response & breathing

Shout for help

Activate ERS and Get AED

Begin CPR (Do not check pulse)

30 compression

Open mouth wide & look for object

2 breaths

Algorithm

ADULT CHOKING
9 YEARS AND OVER

911

CONSCIOUS CHOKING ADULT

1. Signs of choking

Choking victims will have severe difficulty breathing, coughing, wheezing, or gagging. They will have a flushed face and may be unable to speak. If the victim is unable to speak, they are choking and need help.



2. Back blows

Stand behind the victim, kneel or squat behind them. Place your feet on either side of the victim's feet. Bend the victim forward at the waist. Deliver 5 firm, forceful blows between the shoulder blades with the heel of your hand.



3. Abdominal thrust

Stand behind the victim, kneel or squat behind them. Place your feet on either side of the victim's feet. Bend the victim forward at the waist. Deliver 5 firm, forceful thrusts to the upper abdomen with the heel of your hand. If the victim is still choking, repeat the procedure.



UNCONSCIOUS CHOKING ADULT

1. Begin chest compressions.

If the victim shows no breathing, place the heel of your hand in the middle of their chest. Push down hard and fast, at least 2 inches (5 cm) deep. Push hard and fast, at least 100 times per minute. Push hard and fast, at least 100 times per minute. Push hard and fast, at least 100 times per minute.



30 Compressions

2. Open the airway.

Open the victim's airway using the head-tilt, chin-lift technique. Place the victim's head on a firm surface. Tilt the head back. Lift the chin. Use a GOMC mask if available.



3. Begin rescue breaths.

Open the victim's mouth. Tilt the victim's head back. Pinch the victim's nose. Place the mouthpiece of the mask over the victim's mouth. Give 1 breath. Watch for chest rise. If you do not see chest rise, reposition the mask and try again. If it works on the second try or not, go to step 4.



4. Repeat chest compressions.

Repeat chest compressions. Push down hard and fast, at least 2 inches (5 cm) deep. Push hard and fast, at least 100 times per minute. Push hard and fast, at least 100 times per minute. Push hard and fast, at least 100 times per minute.



30 Compressions

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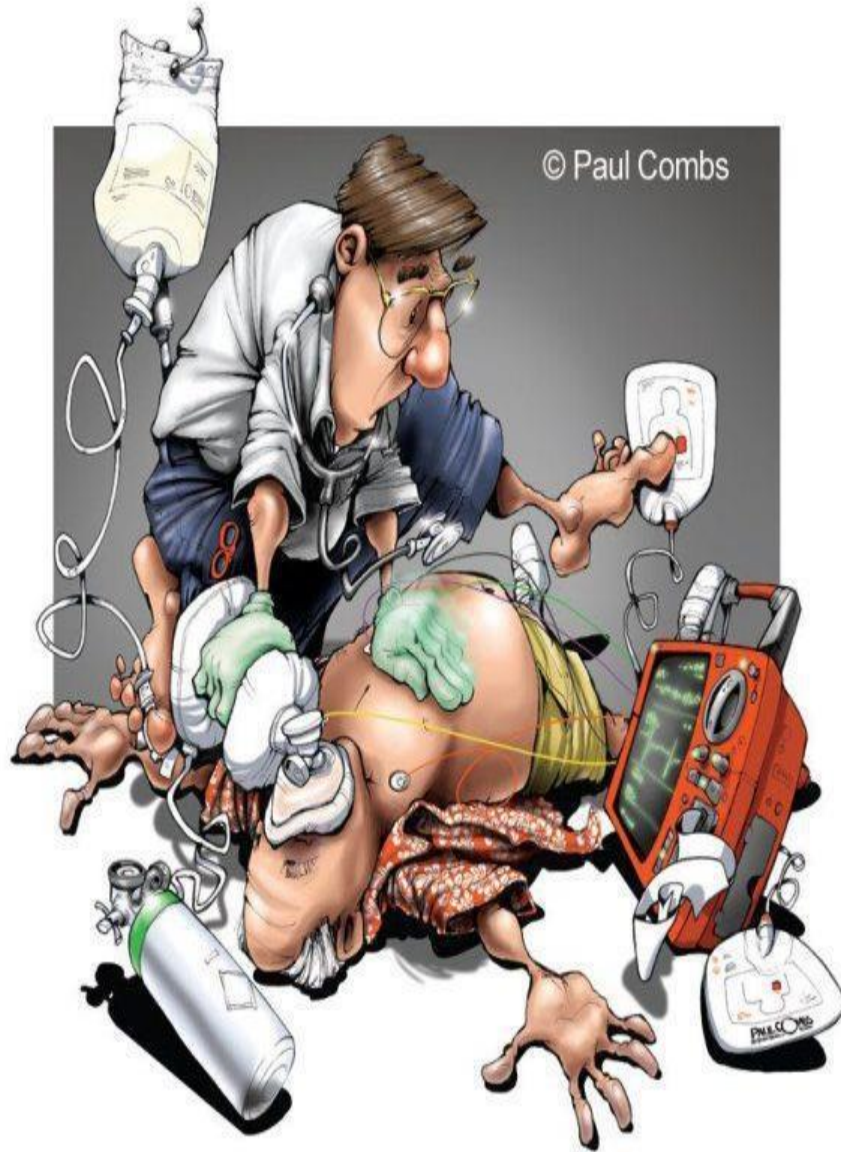
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The Emergency Action Plan



Action plan

- Emergency Personnel
- Emergency Communication
- Emergency Equipment
- Medical Transportation
- Non-medical Transportation



*Thank
You !!*