Laboratory First Aid Module:
Managing A Client with Chocking

Sumaiyah Jamaludin
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.

sumaiyah@iium.edu.my
Most common cause of choking
HOW CHOKING OCCUR?
# Choking in adult & child above 1 year

<table>
<thead>
<tr>
<th>SIGNS</th>
<th>MILD OBSTRUCTION</th>
<th>SEVERE obstruction</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Are you choking”</td>
<td>“YES”</td>
<td>Unable to speak</td>
</tr>
</tbody>
</table>

**Other signs**
- ✓ can speak
- ✓ cough
- ✓ breath
- ✓ wheeze between coughs
- ✓ 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 breath:

- 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 thursts 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.
Relieving choking in unresponsive

1. Check response & breathing
2. Shout for help
3. Activate ERS and Get AED
4. Begin CPR (Do not check pulse)
5. 30 compression
6. Open mouth wide & look for object
7. 2 breaths

18/11/2015
sumaiyah@iium.edu.my
Relief of choking in Infants
# Choking in Infants

<table>
<thead>
<tr>
<th>SIGNS</th>
<th>MILD OBSTRUCTION</th>
<th>SEVERE obstruction</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ can make sound</td>
<td>✓ can’t breath</td>
<td>✓ can’t make sound</td>
</tr>
<tr>
<td>✓ cough</td>
<td>✓ respiratory distress</td>
<td>✓ cyanosis</td>
</tr>
<tr>
<td>✓ breath</td>
<td>✓ attempt to cough but NO sound</td>
<td>✓ unconsciousness</td>
</tr>
<tr>
<td>✓ wheeze between coughs</td>
<td>✓</td>
<td></td>
</tr>
</tbody>
</table>
Relieve choking in responsive infant

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

1. Check response & breathing
2. Shout for help
3. Activate ERS and Get AED
4. Begin CPR (Do not check pulse)
5. 30 compression
6. Open mouth wide & look for object
7. 2 breaths
Algorithm

ADULT CHOKING
9 YEARS AND OVER

CONSCIOUS CHOKING ADULT

1. Signs of choking
   - Shouting, coughing, choking sound, blushing
   - Look for foreign object in mouth
   - Unconscious
   - Remove foreign object
   - Back blows
   - Abdominal thrust

2. Back blows
   - Stand behind the victim
   - Wrap arms around the victim
   - Place the heel of one hand on the victim’s abdomen
   - Place the other hand on top of the first
   - Give firm thrusts
   - Repeat

3. Abdominal thrust
   - Stand behind the victim
   - Wrap arms around the victim
   - Place the heel of one hand on the victim’s abdomen
   - Place the other hand on top of the first
   - Give firm thrusts
   - Repeat

UNCONSCIOUS CHOKING ADULT

1. Begin chest compressions.
   - Lay the victim on their back
   - Place the heel of one hand on the center of the chest
   - Place the other hand on top of the first
   - Give firm compressions
   - 30 Compressions

2. Open the airway.
   - Lay the victim on their back
   - Place one hand on top of the other
   - Tilt the head back
   - Place one finger under the lower jaw
   - Lift the chin

   - Pinch the nose
   - Place the mouth over the mouth
   - Blow into the mouth
   - Continue until the chest rises
   - Repeat

4. Repeat chest compressions.
   - 30 chest compressions
   - 2 rescue breaths
   - Continue until medical help arrives
   - 30 Compressions
The Emergency Action Plan
Action plan

• Emergency Personnel
• Emergency Communication
• Emergency Equipment
• Medical Transportation
• Non-medical Transportation
Thank You!!