

# Lesson five

conditions

# Conditions often Required First Aid

- ▶ Bone fracture :- a break in a bone initially treated by stabilizing the fracture with a splint.
- ▶ Burns :-which can result in damage to tissues and loss of body fluids through the burn site
- ▶ Choking :- blockage of the airway which can quickly result in death due to lack of oxygen if the patient's trachea is not cleared, for example by the Heimlich Maneuver.
- ▶ Heart attack or inadequate blood flow to the blood vessels supplying the heart muscle.
- ▶ Wound and bleeding
- ▶ Joint dislocation
- ▶ Battlefield first aid —This protocol refers to treating shrapnel, gunshot wounds, burns, bone fractures, etc. as seen either in the 'traditional' battlefield setting or in an area subject to damage by large scale weaponry, such as a bomb blast.

# Foreign Body Airway Obstruction in Adults (FBAO)

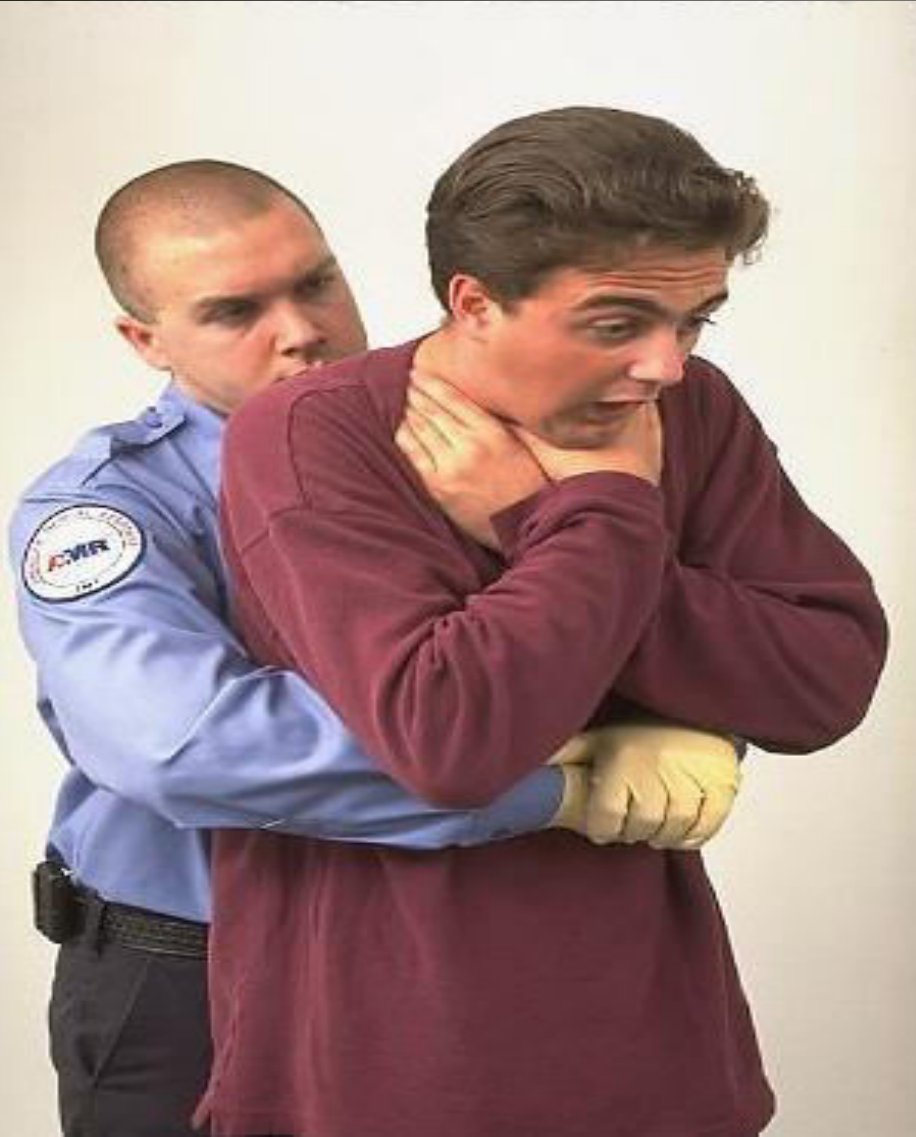


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# CHOKING



# FBAO



- ▶ Ask “ are you choking”
- ▶ Heimlich maneuver/
- ▶ Abdominal thrusts on Adults

# Learning Objectives

- General Objective

The spectators must be able to identify choking and assess one.

- Specific Objectives

1. To list the signs of choking
2. To demonstrate how to evaluate a choking event
3. To demonstrate how to assess first AID actions for an adult who's choking
4. To demonstrate how to assess first AID actions for an infant who's choking

# What's choking?

*“Choking is a blockage of the upper airway by food or any object that prevents someone from breathing”*



# Why to know about it?



Because...

- ✓ It is a medical emergency that requires fast action to clear the airway and protect the person from further harm.
- ✓ It is commonly connected with food incidents and can be prevented
- ✓ It could happen anytime





What are the most common causes?



- Meats
- Vegetables
- Fruit
- Snack foods
- Toys
- Coins
- Sandwiches
- etc



# How choking occurs?



Who are in risk?

**Individuals with some medical conditions**

- ✓ Dysphagia
- ✓ Asthma
- ✓ Lung disease
- ✓ Emphysema
- ✓ Sleep apnea
- ✓ Allergic reactions that cause swelling of the throat
- ✓ Dental issues (Dentures)



**Contributing factors**

- ✓ Eating or drinking too fast
- ✓ Not chewing food well enough prior to swallowing
- ✓ Inattention to eating
- ✓ Placing too much food in one's mouth
- ✓ Food stealing
- ✓ Swallowing inedible objects (PICA)



# What are the signs?



## They're:

- ✓ Unable to talk (or cry)
- ✓ Unable to breathe (noisy breathing)
- ✓ Unable to cough (forcefully)
- ✓ Wide-eyed panicked look on face
- ✓ Loss of consciousness
- ✓ Skin, lips, or nails turn blue or dusky
- ✓ Try to say "*I'm choking!*"



# What do we have to do?

## Assess

- The scene
- The person's condition

## Plan

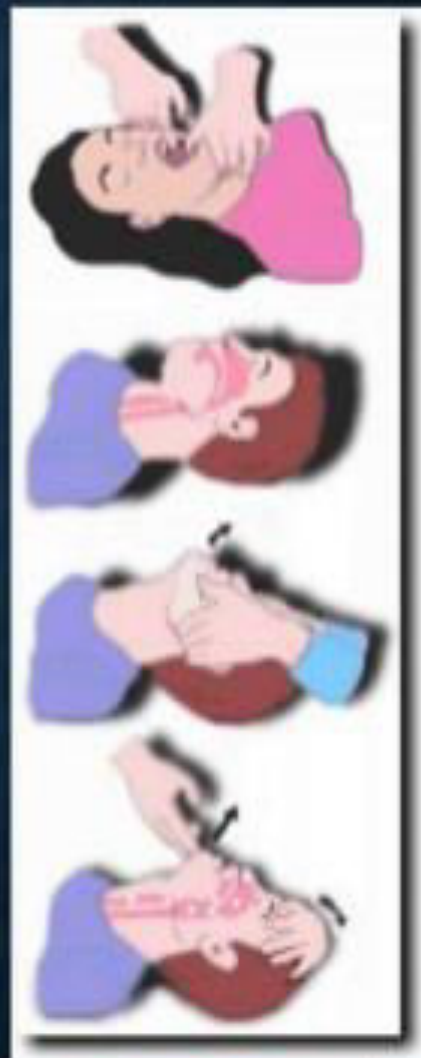
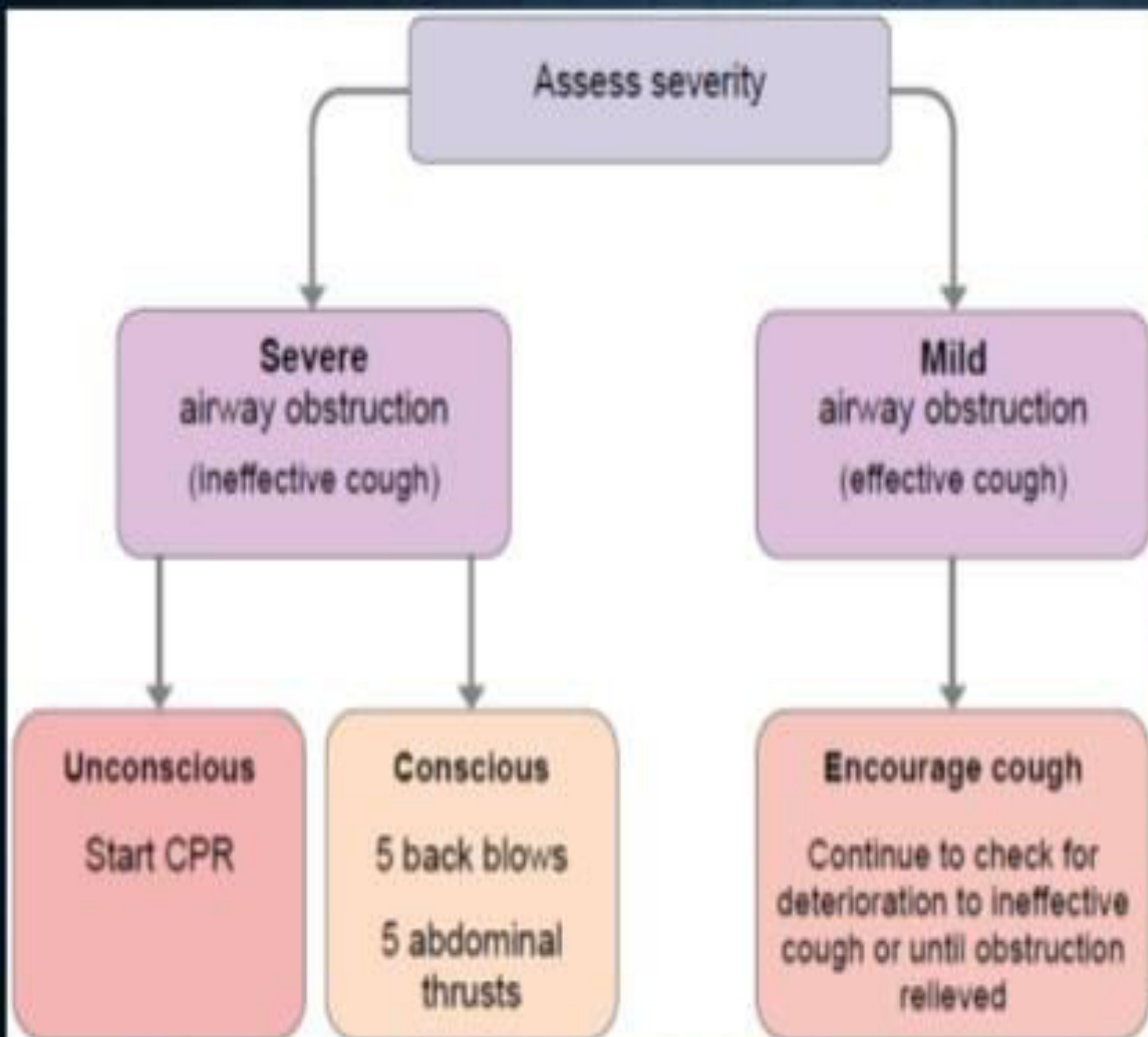
Medical help

## Implementation

- If the person can speak, cough or breathe:
- Encourage coughing
- Stay till he breaths normally



# How to assess?



Adult Choking Treatment Algorithm

## What are the basic first aid steps for an adult/child choking?

1

- Ask the person “Are you choking?”
- **Severe choking:** If the person cannot speak, cough or breathe
- **Mild choking:** Encourage the person to cough to clear the obstruction



2

- Stand behind or beside the person and wrap one arm across the chest.
- Bend the person forward.
- With the heel of your other hand, give 5 firm back blows between the shoulder blades



3

- If the object does not come out, place a fist just above the belly button.
- Place your other hand over your fist and pull sharply in and up, doing 5 abdominal thrusts.
- Continue the cycle of 5 back blows and 5 abdominal thrusts until the object comes out or the person begins to breathe or cough.



# Heimlich maneuver





# Five-and-Five

Give 5 back blows



Give 5 abdominal thrusts





# Abdominal Thrusts (The Heimlich Maneuver)

1. Stand behind the person with your arms around the waist.
2. Make a fist with one hand and position it slightly above the person's navel.
3. Grasp the first with the other hand pressing into the abdomen with quick hard upward thrusts.

Perform five abdominal thrusts.



# FB in Children

Place one fist just above the child's navel with the thumb side facing the abdomen



# Management of FBAO in Children 5:5

Place the infant stomach-down across your forearm and give five thumps on the infant's back with heel of your hand



Place two fingers in the middle of the infant's breastbone and give five quick downward thrusts



# Lesson assignment

- ▶ Discuss Management of FB in pregnant women and obese persons

And if all fails?

**If these maneuvers fail:**

- Heimlich maneuver = Abdominal thrust
- Back blows

**Airway not establish**

- Cricothyroidotomy
- Tracheostomy



# The Do and Don'ts for First Aid Treatment

## DIAGNOSIS



### CHOKING



Complete blockage

If the victim unable to make any sound at all.

- Using your fingers to force out the item out of the victim's mouth.

### Steps in Abdominal thrusts

1. Stand behind the person who is choking.
2. Place your arms around the waist and bend them well forward.
3. Clench your fist and place it right and place it right above the person's navel (belly button)
4. Place your other hand on top, thrust both hands backwards into their stomach with a hard, upward movement.

Do it five times (1 cycle), stop each cycle to check if the blockage has been cleared.

### **Alert!**

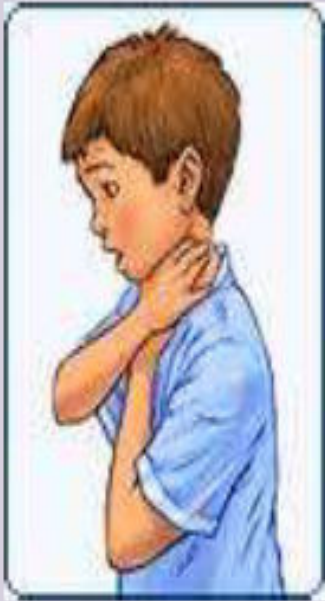
- Do not thrusts on pregnant and on a very large sized adult.



## DIAGNOSIS



## CHOKING



ASK! Are you choking?

If the victim able to talk, groan, wheeze or cough, he is partially choked.

- Slap the victim back's hard.
- Using your fingers to force out the item out of the victim's mouth.



- Remain calm and encourage the victim to keep coughing to try and clear the blockage.
- Stand slightly behind the person to one side.
- Support their chest with one hand. Lean the person forward so that the object blocking the airway will come out of their mouth, rather than going further down.
- Give at least 5 sharp blows between the person's shoulder blades with the heel on your hand.

Stop after each blows to check if the blockage has cleared. If not, give up to five abdominal thrusts.

## Some preventative measures:

- Educate caregivers on the importance of mealtime safety
- Provide quality first aid training
- Make supervising all individuals at mealtime a high priority
- Improve accountability by assigning point people for mealtime monitoring
- Be especially watchful at mealtime for individuals with concerns related to eating style (e.g., eating too fast or overstuffing food)
- Document mealtime concerns in a communication log





Thank you!