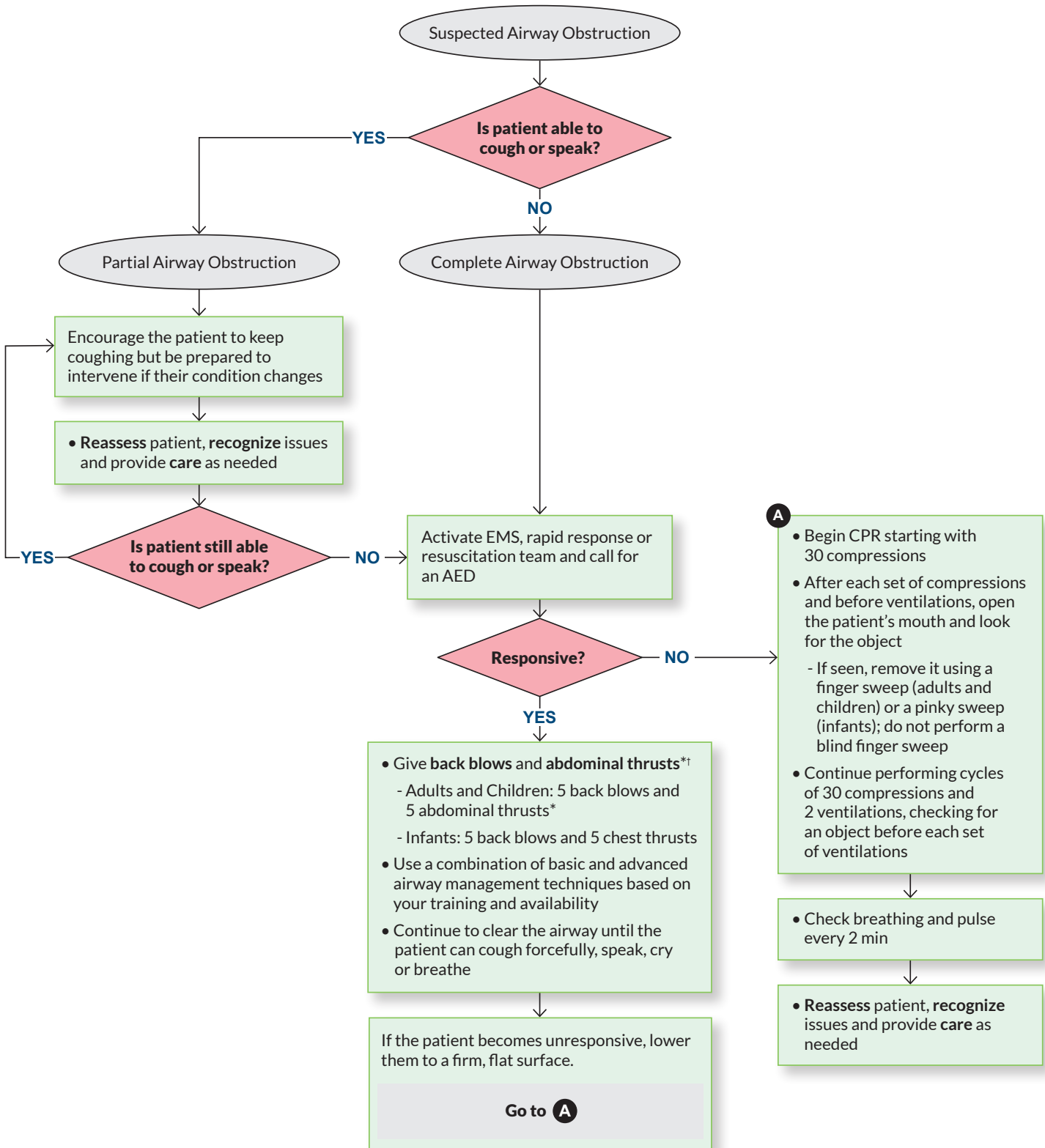


# OBSTRUCTED AIRWAY: ADULTS, CHILDREN AND INFANTS

BLS - 2020 VERSION



\*For an adult or child, perform chest thrusts if you cannot reach far enough around the patient to perform abdominal thrusts, if the patient might be pregnant, if the patient is in a bed or wheelchair with features that make abdominal thrusts difficult to do or if back blows and abdominal thrusts are not effective in dislodging the object.

\*If the patient is a young child or is in a wheelchair, you may need to kneel to perform back blows, abdominal thrusts or chest thrusts.



# OBSTRUCTED AIRWAY: ADULTS, CHILDREN AND INFANTS

BLS - 2020 VERSION

## Skill Steps: Obstructed Airway Care for Responsive Adults and Children

### Give 5 back blows

- Position yourself to the side and slightly behind the patient
- Provide support by placing one arm diagonally across the patient's chest
- Bend the patient forward at the waist so the upper body is parallel to the ground or as close as it can be
- Using the heel of your other hand, give 5 firm back blows between the patient's scapulae; make each blow a separate and distinct attempt to dislodge the object

### Give 5 abdominal thrusts

- Stand behind the patient, with one foot in front of the other for balance and stability; if possible, place your front foot in between the patient's feet
  - If the patient is a young child or is in a wheelchair, you may need to kneel
- Using one or two fingers to find the patient's navel, make a fist with your other hand and place the thumb side of your fist against the middle of the abdomen, just above the navel
- Grab your fist with your other hand
- Give 5 quick inward and upward thrusts
- Be sure to make each thrust a distinct attempt to dislodge the object

### Give 5 Chest Thrusts \*

- Position yourself behind the patient as you would for abdominal thrusts. If the patient is a young child or is in a wheelchair, you may need to kneel
- Place the thumb side of your fist against the center of the patient's chest on the lower half of the sternum
- Then cover your fist with your other hand and pull straight back, providing 5 quick inward thrusts into the patient's chest
- Be sure to make each thrust a distinct attempt to dislodge the object

### Continue giving 5 back blows and 5 abdominal/chest thrusts until:

- The patient can cough forcefully, speak, cry or breathe
- The patient becomes unresponsive

## Skill Steps: Obstructed Airway Care for Responsive Infants

### Give 5 back blows

- Place your forearm along the infant's back, cradling the back of the infant's head with your hand
- Place your other forearm along the infant's front, supporting the infant's jaw with your thumb and fingers
- Turn the infant face down. Hold them along your forearm and use your thigh for support and keep the infant's head lower than their body
- Use the heel of your hand to give back blows between the infant's scapulae; keep your fingers up to avoid hitting the infant's head or neck
- Give 5 firm back blows, with each one separate from the others

### Give 5 chest thrusts

- Position the infant between your forearms, support the head and neck, and turn the infant face-up
- Lower the infant onto your thigh with their head lower than their chest
- Place two fingers in the center of the infant's chest, just below the nipple line
- Give 5 quick chest thrusts about 1½ inches deep; let the chest return to its normal position, keeping your fingers in contact with the breastbone; each chest thrust should be separate from the others

### Continue giving 5 back blows and 5 chest thrusts until:

- The patient can cough forcefully, speak, cry or breathe
- The patient becomes unresponsive

## Skill Steps: Unresponsive Choking Care for Adults, Children and Infants

### If the patient becomes unresponsive or if they are found unresponsive and assessed with obstructed airway:

- Ensure they are on a firm, flat surface and immediately begin CPR, starting with chest compressions
- After each set of compressions and before ventilations, open the patient's mouth and look for the object
  - If seen, remove it using a finger sweep (adults and children) or a pinky sweep (infants); do not perform a blind sweep
- Attempt 2 ventilations; never try more than 2 ventilations during one cycle of CPR, even if the chest does not rise
- Continue performing cycles of compressions and ventilations, checking for an object before each set of ventilations
  - Adults: 30:2
  - Children and Infants: 30:2 (single-provider CPR) or 15:2 (multiple-provider CPR)
- Check breathing and pulse every 2 minutes

\*Perform chest thrusts if you cannot reach far enough around the patient to perform abdominal thrusts, if the patient might be pregnant, if the patient is in a bed or wheelchair with features that make abdominal thrusts difficult to do or if back blows and abdominal thrusts are not effective in dislodging the object

