



Foreign-Body Airway Obstruction: Responsive Child or Adult

Skill Sheet

BLS	OT	AM	FR	EMR	AFA	MAFA
✓			✓	✓	✓	✓

Participants may not need to demonstrate skills for all age groups. The learning objectives for each course indicate the applicable content.

Steps

Ensure you are always wearing proper PPE before performing the skill.

1. Try to dislodge the object by alternating between at least two of the following methods: back blows, abdominal thrusts, and chest thrusts.
2. Perform each method up to five times, checking after each attempt to see whether the object has been dislodged. Continue alternating between methods until the object comes out, the patient begins to breathe, or the patient becomes unresponsive.
3. If the choking patient becomes unresponsive, focus on protecting the head and neck as much as possible as the patient collapses. Begin the care for an unresponsive patient.

BACK BLOWS

1. Stand or kneel behind the patient, ensuring that your stance is stable.
2. Wrap one arm across the patient's chest.
3. Bend the patient forward at the waist until the upper airway is at least parallel to the ground.
4. Deliver up to five firm back blows between the shoulder blades, checking after each one to see if the obstruction has cleared.

ABDOMINAL THRUSTS

1. Stand or kneel behind the person, ensuring that your stance is stable.
2. Make a fist and place it thumb-side-in against the patient's abdomen, just above the navel and well below the lower tip of the sternum.
3. Cover your fist with your other hand and give up to five quick, inward and upward thrusts, checking after each one to see if the obstruction has been cleared.

CHEST THRUSTS

1. Stand or kneel behind the person, ensuring that your stance is stable.
2. Wrap both of your arms around the person's chest.
3. Make a fist and place it thumb-side-in against the patient's sternum, and place your other hand over your fist.
4. Give up to five chest thrusts by pulling straight back toward you, checking after each one to see if the obstruction has been cleared.

Organizational/local protocol for _____ :

Skill Notes

- Standing slightly to one side can make your back blows more effective.
- When doing chest thrusts, your arms should be wrapped around the person's chest, just below his or her underarms.
- If the first chest thrusts aren't effective, pull more sharply and deeply.
- Abdominal thrusts are a good default choice for most patients, but they may be difficult with bariatric patients and are not suitable for pregnant women.