Adult choking

Suspect foreign body airway obstruction?

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Effective cough?

— **YES** →

NO

↓

SEVERE airway obstruction

Call ambulance service/ resuscitation team
Single rescuer – use speaker function if on mobile phone

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Is the patient conscious?

Unconscious

↓

Start CPR
Continue with **ADULT BASIC LIFE SUPPORT**

↓

Conscious

↓

5 back blows

↓

5 abdominal thrusts

↓

Continue treatments until obstruction relieved

↓

Ensure help (ambulance service/resuscitation team)

MILD airway obstruction

Encourage cough

↓

Continue to check for deterioration to ineffective cough or until obstruction relieved