

Adult and Child Obstructed Airway

- If partial airway obstruction call 911 and make sure patient has nothing to eat or drink, have them stay calm until EMS arrives.
- If total airway obstruction and the patient is conscious, ask them if they are choking and if you can help them.
- Most choking patients will have their hands on their neck doing the universal choking sign.
- For conscious choking patients, stand behind the patient and wrap your arms around their stomach and give forceful thrusts to the abdomen to release the obstruction.
- Do abdominal thrusts until object comes out or patient becomes unconscious.
- If patient is so large that you can not get your arms around their stomach, put your arm around their chest and do thrust.
- Once adult or child goes unconscious lay them down to the ground, then open airway, look for obstruction if visible, remove it. If object is not visible, do not attempt a blind finger sweep. Call 911.
- After you call 911 come back to the patient, open the airway, look for the object and assess breathing. If no object or breath is found, start steps of CPR. Attempt two breaths then do chest compressions. After compressions check airway for object, remove object if visible, otherwise continue unconscious obstructed airway care.