

Save Lives! First Aid For Choking Infant

حالة الغصة لدى الرضع

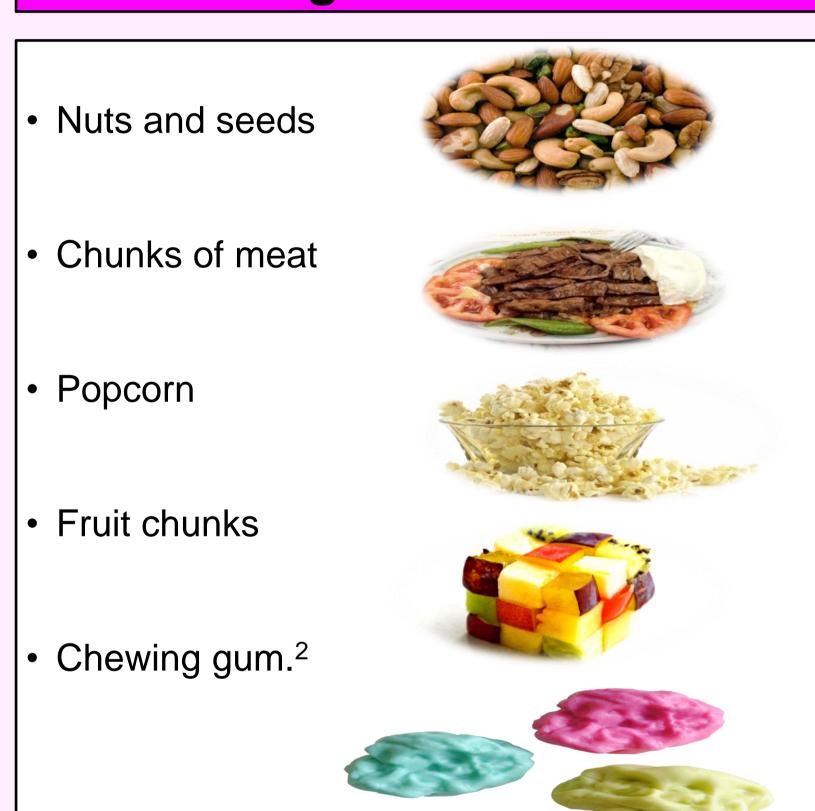


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Introduction

- Choking occurs when a foreign object becomes lodged in the throat or windpipe, blocking the flow of air.
- Choking is a leading cause of morbidity and mortality among children, especially those aged 3 years or younger.
- Because **choking** cuts off oxygen to the brain, administer first aid as quickly as possible.

Dangerous Food



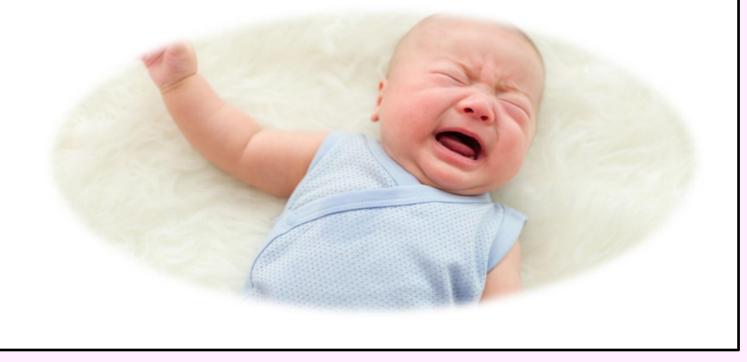
Start First Aid For Choking If

- The baby cannot breath at all (The chest is not moving up and down)
- The baby cannot cough or talk, or looks blue.
- The baby is found unconscious/unresponsive.(Go to cardiopulmonary resuscitation CPR). 2



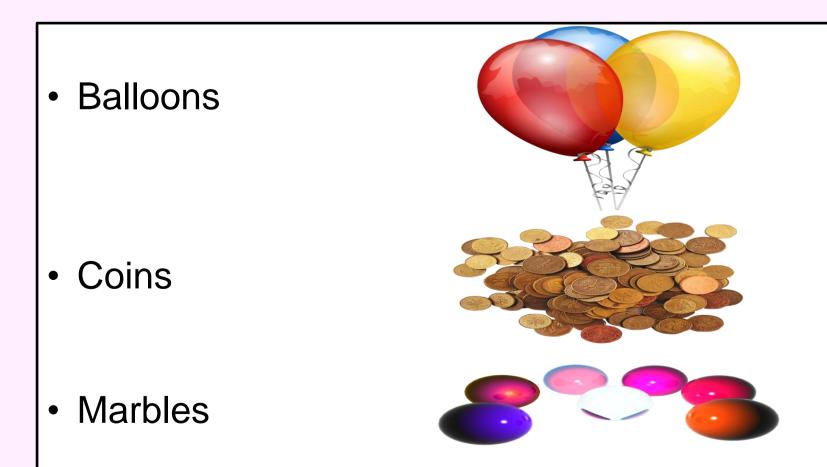
Do not Start First Aid For Choking If

- The baby, cry, or talk.
- The baby can cough, sputter, or move air at all.
- The baby`s normal reflexes are working to clear the airway. ²



First Aid

Dangerous Household Items





• Pen caps. 2



1- Give up to 5 back blows

- Place 2 fingers of 1 hand on breastbone just below the nipple line.
- Compress chest at least 1/3 the depth of it (4cm).
- After each compression, allow chest to return to normal position..
- Do 30 compression. ²



2- Give up to 5 chest thrusts

- Turn the baby over(Facing upward) and place 2 fingers in the middle of their chest just below the nipples.
- Push inwards and upwards.
- If chest thrusts do not dislodge the object, repeat steps 1 and 2.2



Infant CPR

To be used when the infant is *unconscious* or when breathing stops.

1- Start chest compressions

- Hold the baby face down along your forearm with their head lower than their bottom and hit them firmly on their back between the shoulder blades.
- If back blows do not dislodge the object, move on to step two. ^{2,3}



3- Start rescue breathing

- Take a normal breath.
- Cover infant`s mouth and nose with your mouth.
- Give 2 breaths each for 1 second.
- Each breath should make the chest rise. ^{2,3}



2- Open airway

- open airway (Head tilt-chin lift).
- If you see a foreign body, sweep it out with your finger.
- Do not do blind finger sweeps. ^{2,3}



4- Resume chest compression

- Continue with cycle of 30 compressions to 2 breaths.
- After 5 cycles(About 2 minutes), if no one has called your local emergency number, call it yourself. 2,3



Conclusion

In summary, our society would be safer place if more people learn how to do first aid. We should continue to try to reduce the overcomes of accidents and injuries In the world around us.

الملخص

الغصة تحدث عند دخول جسم غريب للحلق مثل العملات النقدية وقطع الفواكه والبذور، حيث انه يؤدي لانسداده الحلق ويمنع مرور الهواء. لتجنب المضاعفات الناتجة من الغصة التي يمكن أن تسبب للوفاة خاصة لدى الأطفال الذين لم تتجاوز أعمار هم الثلاث سنوات؛ يجب علينا تعلم الخطوات المذكورة أعلاه، حيث أن المسارعة بالبدء ا بالإسعافات الأولية وإنعاش القلب والرئة، يُمكننا من إنقاذ الطفل.

References

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