



Public Health – Seattle and King County Emergency Medical Services Division

CPR in the Schools

Lesson # 4- Infant CPR & Choking Emergencies

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Review

1. Why is an AED safe and easy to use?
2. Describe how you would prepare a patient before using an AED.
3. Can you use an AED on a child? Explain.



Scenario:

Infant Choking & CPR



You are babysitting for your 9-month old nephew. You are home alone. When he is crawling around on the floor, he finds a small toy and puts it in his mouth. He is sitting on the ground and he looks like he is having trouble breathing. He has swallowed the toy. You get closer and you notice that he is not breathing.

How confident are you that you know what to do?



Lesson #4: Infant CPR & Choking Emergencies



Lesson Objectives:

After this lesson you will be able to

- » demonstrate how to perform CPR on an infant
- » explain the differences in adult, child, and infant CPR
- » demonstrate how to respond to choking emergencies for adult, child, and infant patients

Infant CPR



View Infant CPR video at:

https://www.youtube.com/watch?time_continue=3&v=KFg02kZ9FYM&feature=emb_logo

Infant CPR Differences

- » Tap a baby's foot to check responsiveness
- » Two fingers on the center of the chest
- » Compress about 1.5 inches
- » If you are alone *with no phone nearby*, first do 5 cycles of CPR (compressions + breaths) THEN call 911
- » During breaths the responders mouth (or breathing device) **covers both the infant's mouth and nose** at once



CPR Compressions

Regardless of age, compressions are given at rate of 100-120 bpm

- > **Infant** = two fingers in center of chest, compressing 1.5 inches
- > **Child** = 1 or 2 hands in center of chest, compressing 2 inches
- > **Adult** = 2 hands in the center of the chest, compressing 2 inches



Infant CPR Steps

Step 1: Check if the scene is safe

Step 2: Tap foot and shout “are you okay?” Look for signs of breathing

Step 3: If by yourself, start CPR,
If someone is with you, have them call 911
while you start CPR

Step 4: Compressions. Begin compressions within 10
seconds. Do 30 compressions (with 2 fingers)

Step 5: Airway – Head tilt, chin lift

Step 6: Breathing—Give 2 breaths so the chest rises (if it does not rise on first
breath, adjust airway and give a 2nd breath)

Step 7: Continue CPR. If by yourself, continue with the **CAB** for 2 minutes (5
cycles), then call 911



Safe Sleep for Infants

Follow “ABC” for Safe Sleep recommendations for infants under age 1:

- > **A= Alone.** Infants should sleep alone and not share a sleep surface with parents, kids, pets, etc.
- > **B= Back.** Infants should be placed on their back every time until they are one year old.
- > **C= Crib.** Infants should be placed on a firm sleep surface (*not on a sofa, adult bed, car seat, baby swing, etc.*) Keep soft objects and loose bedding out of the infant’s sleep area. Avoid overheating and covering infant’s head.



Choking Emergencies

- » Choking is one of the leading causes of unintentional death for infants
- » Children ages 4 and under, especially under age 1, are at greatest risk for airway obstruction injuries
- » The majority of choking-related incidents in children are caused by food, coins, and toys
- » On average, a child in the US will die every 5 days from choking on food



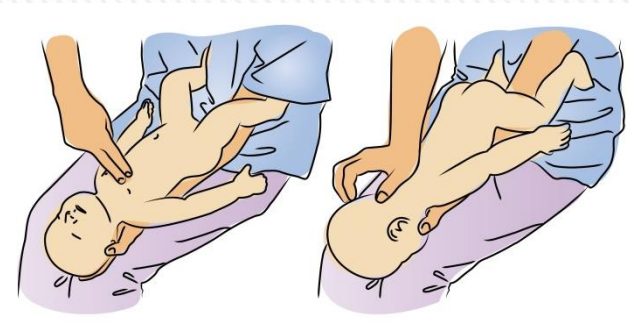
Responding to a Choking Infant



View Infant Choking video at:

https://www.youtube.com/watch?time_continue=3&v=R69KNPOw6lk&feature=emb_logo

Steps to Responding to a Choking Infant



Step 1: Check if the scene is safe

Step 2: Give 5 back blows between the shoulder blades

Step 3: Give 5 chest thrusts in the center of the chest

Step 4: Continue rotating sets of 5 back blows and 5 chest thrusts until object is removed or infant becomes unconscious

Step 5: If object does not come out and infant is unconscious, activate EMS

Step 6: Start CPR, beginning with compressions, look for object before giving breaths

Describe the Steps

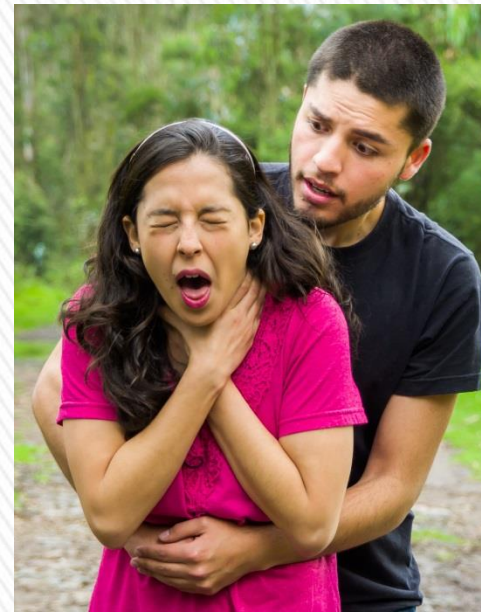
- » Partner A: Without looking at the skills sheet, tell your partner what steps you would take to *perform infant CPR*
- » Partner B: Look at the Infant CPR Skills Checklist, provide feedback to your partner (did he/she miss a step?) Tell them steps they forgot
- » Partner B: Without looking at the skills sheet, tell your partner what steps you would take to *assist a choking infant*.
- » Partner A: Look at the Infant Choking Skills Checklist, provide feedback to your partner (did he/she miss a step?) Tell them steps they forgot.

Demonstration: Infant Choking & CPR



- » You are babysitting for your 9-month old nephew. You are home alone. When he is crawling around on the floor, he finds a small toy and puts it in his mouth. He is sitting on the ground and he looks like he is having trouble breathing. He has swallowed the toy. You get closer and you notice that he is not breathing.

Adult Choking



- » The universal sign for choking:
 - > Two hands around neck

- » If a choking person is coughing, let them continue to cough and verbally encourage coughing

- » If they get up to leave the room, follow them (choking can quickly become a life threatening situation)

- » If they stop coughing, take action quickly
 - > Ask if you can help (tell them you are trained in first aid), if they cannot speak or cough you will need to intervene

Responding to a Choking Adult



View Adult/Teen Choking video at:

https://www.youtube.com/watch?time_continue=1&v=bNphpPcEQCM&feature=emb_logo

Abdominal Thrusts

- » Check for permission to do abdominal thrusts
- » Stand behind the person and reach around to place a fist above their belly button, but below the breastbone
- » Press in and up as hard as you can until the object is expelled
- » If the person loses consciousness, lower him or her to the ground and begin CPR starting with compressions. Make sure to activate EMS



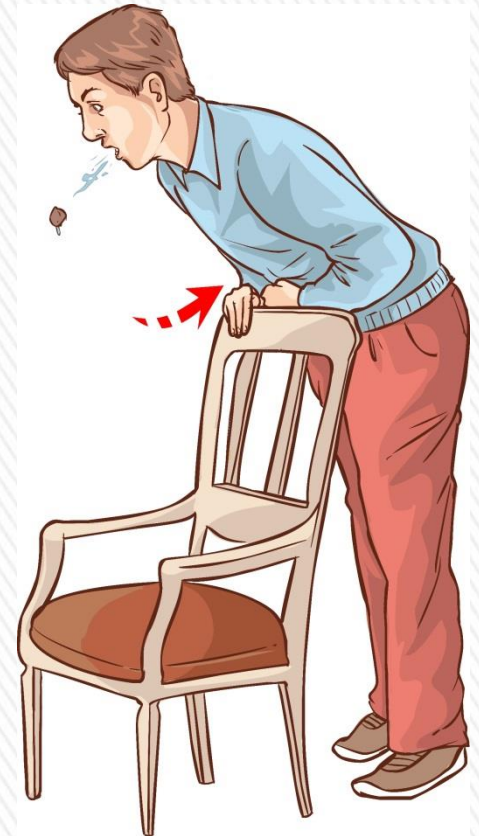
Responding to a Choking Child

Helping a child who is choking is the same as for an adult, except you may need to kneel behind the child to be at the correct height to provide effective abdominal thrusts.



Choking: Special Considerations

- » If you are by yourself, use a chair
- » If you are unable to reach around someone's waist, or if a woman is pregnant, give thrusts at the chest instead of the abdomen



Practice: Infant Choking & CPR

Directions:

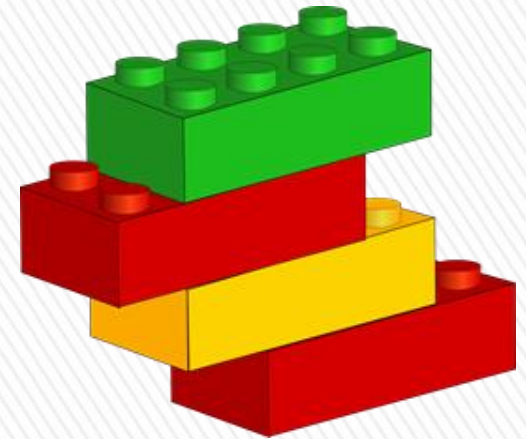
In groups of 3, pick a number.

#1= Rescuer

#2= Peer assessor (writes on the skills sheet)

Highlight or underline any part of the skill that the rescuer did not do properly.

#3=The person to call 911.



Scenario:

You are babysitting for your 9-month old nephew. You are home alone. When he is crawling around on the floor, he finds a small toy and puts it in his mouth. He is sitting on the ground and he looks like he is having trouble breathing. He has swallowed the toy. You get closer and you notice that he is not breathing.

Complete 2 sets of back blows and chest thrusts, then go into infant CPR after that.

Rotate roles 1,2,3 until everyone has been assessed.

Lesson Reflection

Without looking at your guided notes, answer the following questions. After responding, check notes for answers.

Person 1: What are the differences in the infant CPR process compared to the adult CPR process?

Person 2: What are the Safe Sleep recommendations for infants under 1 year old?

Person 3: Explain how you would respond to a choking adult and a choking child.

Demonstration Scenarios

1. Scenario #1: One responder
Infant choking and object is removed.
2. Scenario #2: Two responders
Infant not waking up from nap, one calls 911
the other starts CPR .
3. Scenario #3: One responder
Pregnant woman who is choking and needs
abdominal thrusts, then becomes unresponsive.

Credits

King County Emergency Medical Services

- > *Anne Curtis, CPR/PAD Program Manager, KC EMS Division*
- > *Bosaiya, KC Emergency Medical Services, Videographer*

Gonzaga University

- > *Nichole Calkins, Ed.D., Assistant Professor of Physical Education Pedagogy: designed/created curriculum components: lessons, PPTs, handouts*

Highline School District

- > *Claudia House, Middle School Health teacher: reviewed lessons*

Shoreline Fire Department

- > *Gabriel DeBay; Shoreline Fire Department; Firefighter Paramedic, MICP, BLS Instructor*

Eastside Fire & Rescue

- > *Michele Overholt, Eastside Fire & Rescue, FF/EMT, BLS Instructor*

The Voice Guy

- > *Jim Cissell, Video Voiceover*