Protocol for the Management of Choking in Adults

Encourage the patient to cough but do nothing else, get patient still and attempt:

5 BACK SLAPS
Sharp blows mid way between shoulder blades

5 ABDOMINAL THRUSTS
Stand behind patient; make a fist, support with your other hand. Place into patient’s abdomen & bring sharply inwards & upwards

Alternate until obstruction is removed or professional help arrives.

Protocol for the Management of Choking in an Unconscious Adult

Assess AIRWAY
Finger sweeps & Head tilt, chin

Assess BREATHING
10secs look, listen & feel
ATTEMPT 2 RESCUE BREATHS

If rescue breaths ARE SUCCESSFUL within 5 attempts
Assess patient according to BLS / CPR guidelines and commence CPR if necessary

If rescue breaths are NOT SUCCESSFUL within 5 attempts
CHEST COMPRESSIONS
(as CPR guidelines but slower & firmer)

Give a maximum of 15 compressions before attempting 2 further rescue breaths
Protocol for the Management of Choking in Children > 1 Year Old

Encourage the child to cough but do nothing else, get patient still and attempt:

5 BACK SLAPS

5 ABDOMINAL THRUSTS
(as adult but with less force)
Protocol for the Management of Choking in Infants < 1 Year Old

ONLY ATTEMPT THIS PROTOCOL IF THE BABY IS MAKING NO EFFORT TO BREATHE ON THEIR OWN.

At no point attempt to clear obstruction by blindly using finger sweeps in infants.

5 BACK SLAPS
(as child choking protocol)

5 CHEST COMPRESSIONS
(as CPR guidelines but slower & firmer)

5 RESCUE BREATHS

NEVER ATTEMPT ABDOMINAL COMPRESSIONS ON INFANTS < 1 YEAR OLD