

### 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. <sup>1</sup>

### Dangerous Food

- Nuts and seeds
- Chunks of meat
- Popcorn
- Fruit chunks
- Chewing gum.<sup>2</sup>



### Dangerous Household Items

- Balloons
- Coins
- Marbles
- Toys with small parts
- Pen caps.<sup>2</sup>



### Start First Aid For Choking If

- The baby cannot breathe 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).<sup>2</sup>



### 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.<sup>2</sup>



### First Aid

#### 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.<sup>2</sup>



#### 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.<sup>2</sup>



### 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.<sup>2,3</sup>



#### 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.**<sup>2,3</sup>



#### 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.<sup>2,3</sup>



#### 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.<sup>2,3</sup>



### 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 أعمارهم الثلاث سنوات؛ يجب علينا تعلم الخطوات المذكورة أعلاه، حيث أن المساعدة باليد بالإسعافات الأولية وإنعاش القلب والرئة، يُمكننا من إنقاذ الطفل.

### References

1. Saff, m. (2017). *Choking: First aid - Mayo Clinic*. [online] Mayo Clinic. Available at: <http://www.mayoclinic.org/first-aid/first-aid-choking/basics/art-20056637> [Accessed 15 Feb. 2017].
2. Choking-Prevention-and-First-Aid. (2017). 1st ed. [ebook] p.2. Available at: <http://www.acrf.org/assets/docs/.../Choking-Prevention-and-First-Aid.pdf>.
3. Children First Aid Fast first aid tips continued. (n.d.). 1st ed. [ebook] Britain, pp.1-2. Available at: <http://www.redcross.org.uk/~media/BritishRedCross/MicrositesFiles/Children%20first%20aid/Children%20First%20Aid%20fast%20first%20aid%20tips.pdf> [Accessed 16 Feb. 2017].