

CHOKING PROTOCOL

For Those with Cerebral Palsy

A person with Cerebral Palsy often presents a unique scenario, such as having several bony irregularities, limited positions and severe spasticity, meaning very tight muscles. This can limit the effectiveness of abdominal thrusts and chest thrusts.

Step 1

Stand behind the person.

Step 2

Make a fist with one hand.

Step 3

Place your fist, thumb side in around their waist. If they are twisted at the waist, place you hand as close to the center of the abdomen above the navel but well below the bottom of the breast bone. You may be doing this from the side rather than the back depending on their body structure.

Step 4

Grasp your fist with your other hand.

Step 5

Deliver quick upward thrusts into their abdomen.

Step 6

Deliver thrusts until the object is expelled or they become unresponsive.

Step 7

Often, when a person loses consciousness, their muscles relax, relieving much of the spasticity, enabling you to perform CPR.

Step 8

When a choking victim becomes unresponsive, begin the steps of CPR, starting with compressions. The only difference is that each time you open their mouth, check for the foreign object and remove it.