CHOKING PROTOCOL

For Those With Morbid Obesity

SINGLE PERSON RESCUE

If alone with an obese person and you **cannot** reach around their abdomen.

Step 1

Stand behind the person.

Step 2

Make a fist with one hand.

Step 3

Place your fist on their breastbone.

Step 4

Grasp your fist with your other hand.

Step 5

Deliver quick direct thrusts into their breastbone.
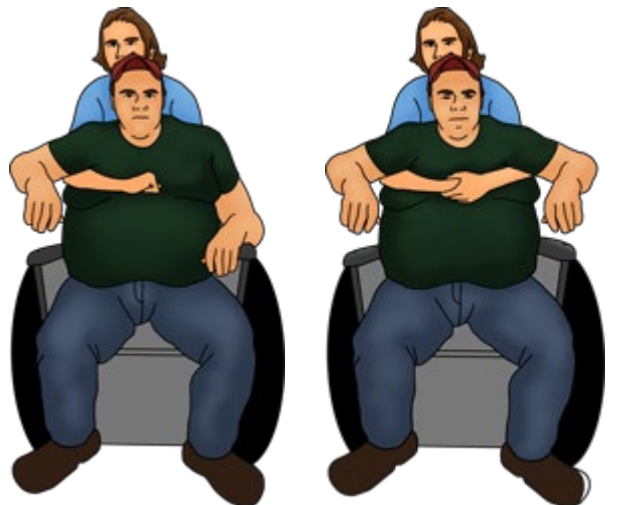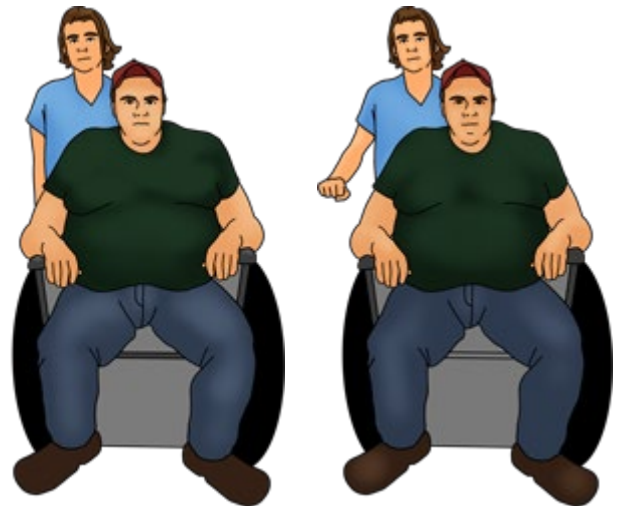
Step 6

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

Step 7

If they become unresponsive, ease them to the floor and send someone to activate your emergency response system.

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.

Two Person Rescue

Staff may be unable to reach around the person to perform abdominal thrusts. Two people may be required to provide rescue procedures.

In this case, if you have another person available you can use the following technique. I'll be Rescuer # 1 while Sherry will be Rescuer # 2.

Step 1

Rescuer #1 makes a fist with one hand.

Step 2

Place the fist on the person's abdomen, thumb side in and in contact with the abdomen slightly above the belly button and well below the breastbone.

Step 3

Rescuer #2 should grasp Rescuer #1's fist firmly and the other arm firmly at whatever level is required to produce a firm circle around the person.

Step 4

Deliver quick upward thrusts into the person's abdomen. Rescuer #1 repeats the word "thrust" to coordinate timing.

Step 5

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

Step 6

If the person becomes unresponsive while you are doing abdominal thrusts, ease them to the floor and send someone to activate your emergency response system.

Step 7

Begin the steps of CPR, starting with compressions. The only difference is that each time you open the airway, look for the obstructing object before giving each breath. Remove the object if you see it.

PERSON ON THEIR BACK

If the person is in lying on their back on a bed or chair, the person should be moved to the floor. It is important that the person have a solid base upon which to perform the rescue maneuvers.

If you cannot get the person to the floor, place a flat board under them. If the person cannot be lifted to insert the backboard, use the sheet to pull them forward to insert the backboard.

Step 1

With the person lying on his or her back, kneel close to the person's upper body.

Step 2

The hand position and application of chest thrusts is the same as for chest compressions during CPR.

Step 3

In an adult, the heel of the hand is on the lower half of the breastbone.

Step 4

Deliver each thrust until the foreign body is ejected.

Step 5

If the person loses consciousness, call 911 and initiate CPR.

Person In A Wheelchair

If the Obese person is in a wheelchair, the rescuer should:

Step 1

Remove any devices attached to the wheelchair, such as oxygen tanks, communication devices and lap trays.

Step 2

If the chair is reclined, it should be brought up to at least 45 degrees if not higher.

Step 3

The rescuer should bend sideways and slip their arms under the person's arms and grasp them so that you can place one fist between the abdomen above the naval and below the breastbone. If the rescuer cannot reach around the person's abdomen, substitute chest thrusts for abdominal thrusts.

Step 4

The rescuer then uses their own trunk to bend the person forward sufficiently to allow several quick abdominal or chest thrusts. Call 911, because these choking episodes are often more complex and may result in medical issues that will require hospital care.

Step 5

If the person loses consciousness, move them to the floor and initiate CPR.