

# Adult Choking First Aid

Experiment 11 - Practical Notes

Name: \_\_\_\_\_ Roll no.: \_\_\_\_\_ Date: \_\_\_\_\_

## Aim

To distinguish mild from severe airway obstruction and demonstrate the adult training sequence.

## Principle

Effective coughing may clear mild obstruction; severe obstruction requires immediate assistance and emergency activation.

## Key Points

- Mild obstruction: encourage effective coughing and watch for deterioration.
- Severe conscious-adult obstruction: repeat 5 back blows followed by 5 abdominal thrusts.
- Use chest thrusts instead of abdominal thrusts in late pregnancy or when the abdomen cannot be encircled.
- If unresponsive, begin CPR with compressions; remove only a visible object when opening the airway, never a blind finger sweep.

## Activity Procedure

### 1. Recognise

Role-play coughing versus inability to speak or breathe effectively.

### 2. Activate

Arrange emergency assistance for severe obstruction.

### 3. Demonstrate

Use a choking trainer for the 5-and-5 sequence and the indicated chest-thrust variation.

### 4. Deterioration

Practise transition to CPR on a mannequin and handover to the emergency team.

## Record and Observations

| Field                   | Activity record |
|-------------------------|-----------------|
| Obstruction severity    | _____           |
| Emergency activation    | _____           |
| Trainer sequence        | _____           |
| Unresponsive transition | _____           |

## Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

## Precautions

- Use a trainer rather than real force on a partner.

## Viva Questions and Answers

### 1. Why encourage an effective cough?

It can generate pressure to clear mild obstruction.

### 2. Why avoid blind sweeps?

They can push the obstruction deeper or cause injury.

### 3. Why use a trainer?

Thrusts can injure a healthy volunteer.

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