



Bart's City Life Saver



Baby & Child
Basic Life Support
(with choking protocols for all ages)

Background information



Infant

0 – 1 year



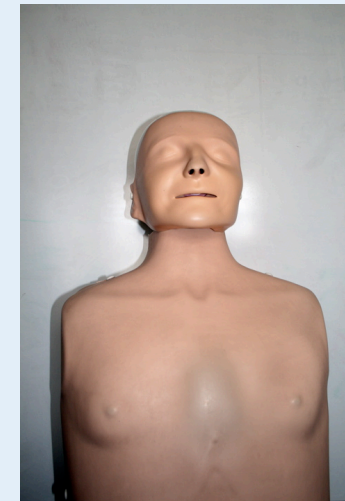
Child

1 year - Puberty



Adult

Puberty +



Most medical emergencies in infants and children occur due to a problem with the airway and breathing

Signs of Severe Choking



Usually witnessed

Sudden onset

Recent history of
eating or playing with
small objects

Reduced level of
consciousness



Unable to
vocalise or cry

Unable to
breathe

Quiet or silent
cough

Change in
colour

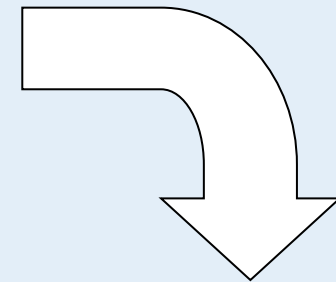
Severe choking (adults and children)



Up to 5 Back Blows



Up to 5 Abdominal Thrusts



**If patient becomes
unconscious start
BLS**

Severe choking (infants)



Up to 5 Back Blows



Up to 5 Chest Thrusts



**If patient becomes
unconscious start
BLS**

Other points - choking



- Call an ambulance if the obstruction has not cleared after **three cycles**
- Anyone that has received abdominal/chest thrusts should seek medical attention

Normal breathing present



Normal breathing absent



Send for an ambulance

If no helper, perform 1 min BLS before calling an ambulance

5 Initial rescue breaths



Basic life support (child)



Basic life support (child)



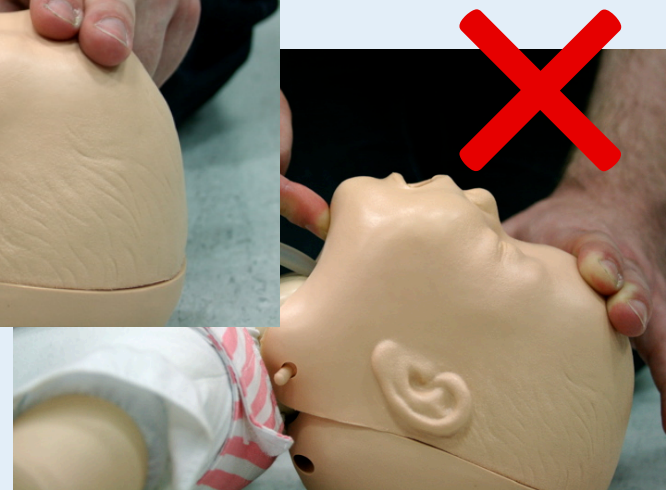
Continue Basic Life Support 30:2 until:

Professional help arrives

The casualty shows signs of regaining consciousness and starts to breathe normally

You become exhausted (Stop & swap after 1-2 minutes)

Open the airway (infant)



Normal breathing present



Normal Breathing absent



Send for an ambulance

If no helper, perform 1 min BLS before calling an ambulance

5 Initial rescue breaths



Basis life support (baby)



Basis life support (baby)



Continue Basic Life Support 30:2 until:

Professional help arrives

The casualty shows signs of regaining consciousness and starts to breathe normally

You become exhausted (Stop & swap after 2 minutes)

Key points



3 important modifications for babies/children:

- Give **5 initial rescue breaths** before starting chest compression
- If you are on your own, perform BLS for **1 min** before leaving to summon help
- Compress to a **$\frac{1}{3}$** of the depth of the chest

Health care professionals



- If you are a health care professional regularly working with sick children, you may consider using the **15:2** CPR ratio
- This should still be preceded by 5 initial rescue breaths
- 15:2 is advocated by the Resuscitation Council (UK) for those with a 'duty to respond' as it increases the total number of ventilations per minute
- 30:2 remains an acceptable alternative for lay rescuers or HCPs not working in acute settings

Donate to Bart's City Life Saver

Registered Charity No. 1083093



- We are seeking charitable donations to support our outreach work;
- Our project has provided free basic life support training for over 200 patients and family members, from East London, who have experienced a heart attack or undergone cardiac surgery;
- Your donation can help us train even more patients and their families. If you would like to donate you can do so via www.justgiving.org.uk/bcls.

