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.

First Hope

COMPLETE NOTES

Click here to visit our website

PHARMACY PRACTICAL NOTES

Complete subject and semesters are available on FirstHope app only.

Scan or click here

Click here to get the app >

Available on Google Play

JOIN THE FIRSTHOPE COMMUNITY

Join our Telegram channel

Click here to join Telegram >

Scan or click here

@FirstHopeNotes

Instagram

@firsthope.official

Click here to follow >

YouTube channel

FirstHope-Pharmacy / Live streams

Click here to watch >

WhatsApp channel

Follow FirstHope on WhatsApp

Click here to join >

FirstHope website

firsthope.co.in

Click here to visit >

B.Pharm / D.Pharm / M.Pharm / Pharm.D

Complete subjects and semesters are available in the FirstHope app.