

CHOKING

- Knowledge** After working through this lesson, participants will be able to:
- Attitude**
- Practice**
1. Recognize when a person is choking.
 2. Perform the Heimlich maneuver on adults and children who are choking.
 3. Teach others about first aid for choking using the teaching booklet.

Overview This series of lessons is based on the *Health Education Program for Developing Countries*, which is available from <http://hepfdc.info/>. This lesson also uses information from the American Red Cross.

These lessons are accompanied by a series of health teaching booklets on the individual topics. They are based on information and standards from the World Health Organization and can be used with adults or with older children and teens.

- Materials** *Collect these items before beginning the lesson:*
- Poster-size paper, markers, and masking tape
 - Role Play
 - Handouts
 - *Treatment Of Choking*

LESSON

60 minutes

Role Play: (5 minutes)

Instructions: Two men talking.

1st: Let's celebrate! Remember that turkey that has been running around our house all year? My wife cooked it for a special meal.

2nd: Sounds good to me. (He begins to eat, but has no knife, and has to try to cut the meat with a spoon.) Hey, this meat is kind of tough.

1st: Yes, that was one tough turkey.

2nd: (Begins to choke and cough.)

1st: What's happening? Are you okay?

2nd: (He coughs and tries to speak, but gradually becomes silent, holding his hand to his throat. He becomes pale and slumps over.)

1st: Now what do I do? Help! Call a doctor!

Ask SHO Questions:

What did you See?

What was Happening?

Does this happen in Our place?

HEALTH EDUCATION: CHOKING

Choking (30 minutes)

A. How can we prevent choking?

1. Don't eat a large chunk of meat without chewing it well
2. Avoid drinking alcohol before or during the meal.
3. Don't run or play with an object or piece of food in your mouth.
4. Never leave a baby alone while he is eating. Do not allow him to have peanuts, hard candies, and other small objects that he could choke on.
5. Do not give marbles, jacks, or toys with small parts to babies or young children.

B. What are signs of choking? What happens? What should you do in response?

1. Signs of a partial airway obstruction. What should you do?
 - 1.1. At first, the person will begin to cough and will try to speak.
 - 1.2. You should: **Encourage him to keep on coughing.** He may be able to cough up the object. If he has enough air to cough, he has enough air to breathe.
2. Total airway obstruction. What should you do? **Demonstrate** the *Heimlich maneuver*.
 - 2.1. But his airway may become completely blocked. He will be unable to talk or make a sound, cough forcefully, or breathe.
 - 2.2. You should: **Call for help. Do the Heimlich maneuver:**
 - Stand behind him, with your arms around his waist, and place your fist with the thumb inward in his mid-abdomen, just above the navel. Hold your fist with your other hand.
 - Give rapid thrusts, up and in.
 - Continue until the object is coughed up, or until the person becomes unconscious (passes out).
3. What if that doesn't work and he passes out? What should you do?
 - 3.1 Sometimes when a person passes out, his throat muscles relax so that his airway is no longer blocked.
 - 3.2 Give abdominal thrusts. Place the palm of one hand above the navel, with the other hand on top, with your fingers toward his head. Give rapid thrusts, up and in.
 - 3.3 After 5 abdominal thrusts, sweep the mouth with your fingers to see if you can remove the object. If not, give more abdominal thrusts.
 - 3.4 If the object is coughed up, or if he begins to cough or breathe easily, stop the abdominal thrusts right away.

C. Special situations

1. What if a baby is choking?
 - 1.1 Place the baby mouth down over your forearm. Give him back blows, between the shoulder blades.
2. What if you are choking and can't breathe and you are alone?
 - 2.1 You can use a firm object such as the back of a chair or a table to give yourself abdominal thrusts.

Practice the Heimlich Maneuver (20 minutes)

Instructions: Divide into pairs. Practice the steps in caring for a person who is choking (without giving actual abdominal thrusts). Practice giving back blows to a baby doll.

HEALTH EDUCATION: CHOKING

Teaching Booklets (15 minutes)

- A. Divide into pairs. Practice teaching each other the *Choking* teaching booklet.
 - B. During the week, visit your friends and neighbors to teach about choking using the teaching booklet.
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References:

American Red Cross. *First Aid for the Community*

Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

HEALTH EDUCATION: CHOKING - STARTER

Role play:

Instructions: Two men talking.

1st: Let's celebrate! Remember that turkey that has been running around our house all year? My wife cooked it for a special meal.

2nd: Sounds good to me. (He begins to eat, but has no knife, and has to try to cut the meat with a spoon.) Hey, this meat is kind of tough.

1st: Yes, that was one tough turkey.

2nd: (Begins to choke and cough.)

1st: What's happening? Are you okay?

2nd: (He coughs and tries to speak, but gradually becomes silent, holding his hand to his throat. He becomes pale and slumps over.)

1st: Now what do I do? Help! Call a doctor!

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1st: Let's celebrate! Remember that turkey that has been running around our house all year? My wife cooked it for a special meal.

2nd: Sounds good to me. (He begins to eat, but has no knife, and has to try to cut the meat with a spoon.) Hey, this meat is kind of tough.

1st: Yes, that was one tough turkey.

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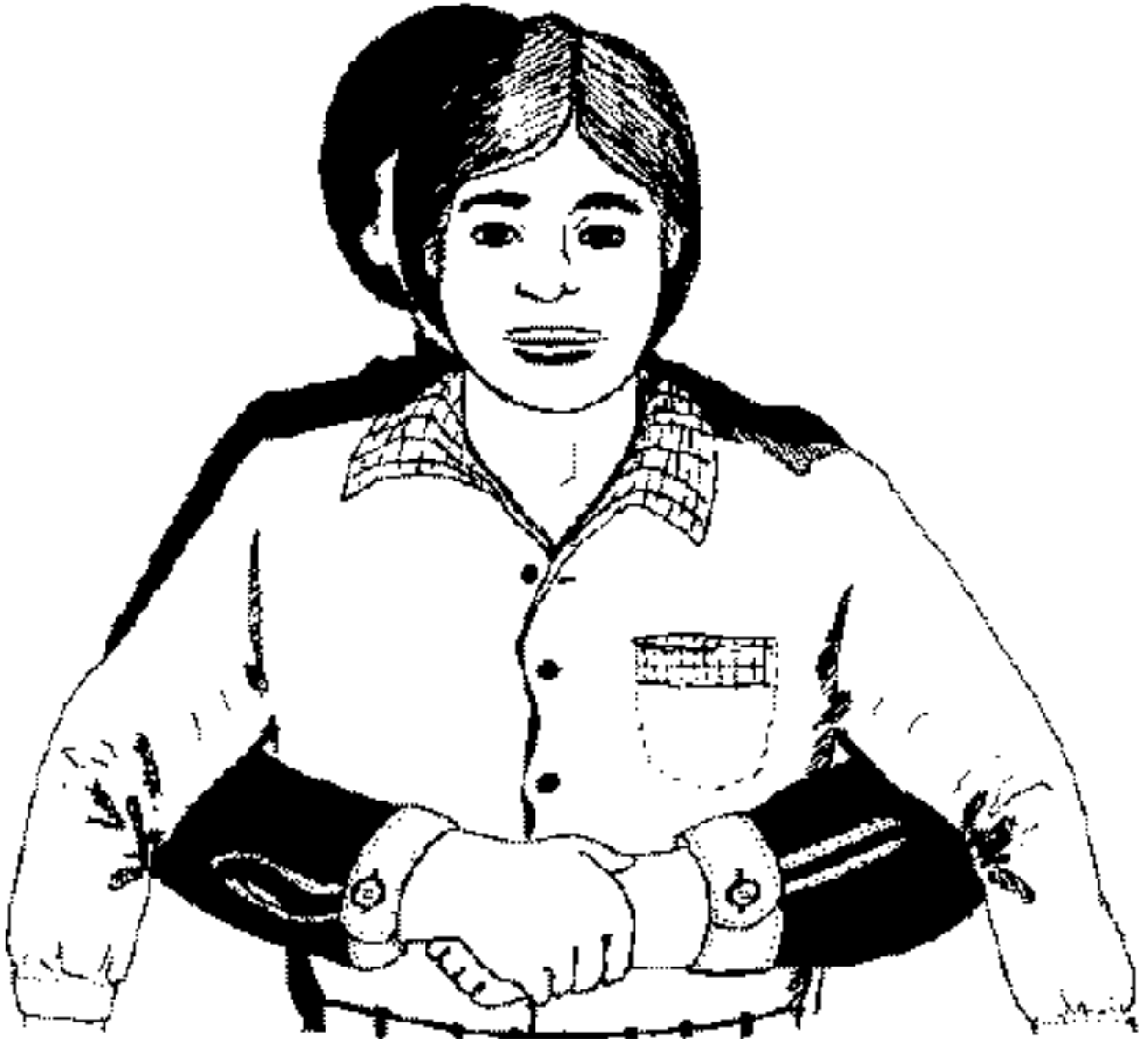
1st: What's happening? Are you okay?

2nd: (He coughs and tries to speak, but gradually becomes silent, holding his hand to his throat. He becomes pale and slumps over.)

1st: Now what do I do? Help! Call a doctor!

HEALTH EDUCATION: CHOKING

Treatment For Choking



Heimlich Maneuver

HEALTH EDUCATION: CHOKING



When a baby is choking



What to do if you are alone