

Are you choking?

Scenario Overview:

A quick and simple scenario to test out the first aider's response to someone who is choking. The first aiders are enjoying a meal out in a restaurant when a person a few tables away starts seeming to be in quite a bit of distress and is clutching at their neck.

Difficulty:

First Aider Easy

How the scenario should progress:

If the first aider carries out appropriate treatment, the blockage will be freed and the patient will be able to breathe again. If the first aider does not carry out the treatment or is slow, the patient will become unresponsive and not breathing. Get the first aider to go through both back blows and abdominal thrusts before the airway is cleared.

Actor Tips:

If they ask if you can cough or speak, just shake your head. Try to act distressed and panicked. Don't let them actually do an abdominal thrust on you!

Patient 1:

Name: Willis Caldwell **Age:** 42 **Sex:** Male

Medication:

The patient's friend tells you the patient just has a blue inhaler for their asthma.

Allergies:

None known

Past medical/family/social history:

Asthma, none other known.

Findings on examination:

The patient will become more cyanosed looking over time whilst the blockage is still there. If asked if they can cough or speak, patient just shakes their head. The patient is becoming more panicked, their eyes are wide and pulse has increased.

Possible treatment from first aiders:

After quickly establishing that the patient is choking, they should give rounds of back blows and abdominal thrusts until the blockage is cleared. (Although don't actually do the abdominal thrusts if you are using a real person as your actor!). They should recognise that the patient still needs hospital assessment if abdominal thrusts have been used.

Time after start:	0 mins	After airway cleared
Response:	Alert	Alert
Airway:	No, blocked with food	Yes
Respirations:		20
Pulse:		118