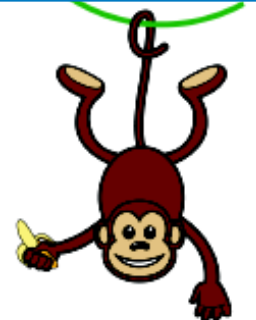


# Child Basic Life Support (with a Tracheostomy)



**S**afe  
**S**timulate  
**S**hout  
**A**irway  
**B**reathing  
**C**irculation



**This leaflet is not a comprehensive guide.  
It is intended as a simple aide memoire to complement a structured  
teaching programme and must not be used in isolation.**

### 1 Safety

- Check area is safe.



### 2 Stimulate

- Try to wake the child by shouting then hold their head and gently shaking their arm.



### 3 Shout for Help

- If someone is available ask them to ring 999 stating that there is a child who is unresponsive who has a tracheostomy and wait on the phone whilst you assess the child.



### 4 Airway

- Check tube for obstruction
- Suction the tube
- If tube is blocked, change tube (see steps 2 and 3 on page 5)



## 5 Breathing

- Look
- Listen
- Feel for normal breathing for up to 10 seconds, ignore gasps.



**If gasping or not breathing**

## 6 Give 5 breaths

- Give breaths into the tube either via bag valve mask or mouth to tube.  
Deliver a breath over 1 second sufficient to make the chest rise, then take a breath yourself.  
Repeat 4 times



**If all five breaths unsuccessful, suspect blocked tube and go to step 2 on page 5.**

## 7 Circulation

- If there is no response during the delivery of the five breaths, such as cough, gag or there is no movement, start chest compressions.



## 8 Chest compressions

- Give 30 chest compressions. Place the heel of the hand/s on the lower third of the breast bone. Compress the chest at least one third of its depth.



## 9 Continue to give

- 2 breaths to 30 chest compressions for 1 minute (four cycles of 2 breaths and 30 compressions).

**If you are on your own after 1 minute**

## 10 Call 999 or 112

- Continue with 2 breaths and 30 compressions until help arrives.



# Blocked Tracheostomy/Airway Obstruction

## 1 Shout for Help



## 2 Remove the tube

- Cut ties and remove blocked/dislodged tube.



## 3 Insert new tube

- Lubricate tube
- Introduce tube into tracheostomy site
- Remove introducer (if applicable).
- If unsuccessful, try inserting the smaller tube.



## 4 Assess for breathing

- Look
- Listen
- Feel for breathing for up to 10 seconds.



**If the child is not breathing follow the Basic Life Support sequence from step 6 on page 3.**

**If you have any comments about this leaflet or the service you have received you can contact :**

Paediatric Assessment Unit  
Ward 3  
Calderdale Royal Hospital

Telephone: 01422 223277

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو  
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم  
المذكور أعلاه"