

Rescue Breaths:

These are delivered first as the cause of your child's collapse is most likely because they haven't been breathing.

Blow using your mouth or squeeze the ambubag until you see your child's chest rising.

Do this **5 times** delivering approximately 1 breath every 2 seconds.

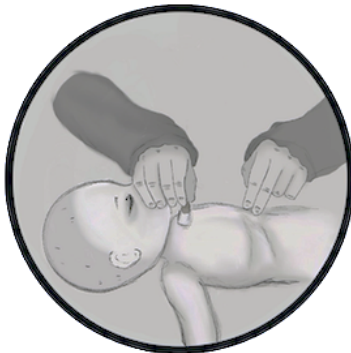


Chest compressions:

In babies (under 1 year) – place two fingers approximately one finger's breadth up where the ribs join the sternum.

In children (above 1 year) – place the heel of one hand approximately one finger's breadth up where the ribs join the sternum.

Use your body weight to depress the chest one third of the total depth ensuring the chest is allowed to recoil between each compression. Compressions should occur around 100 times in a minute.



**Basic Life Support
for parents of children with
tracheostomies**

BLS is a sequence of events to revive a collapsed person. It can be performed by anyone who has been trained and can be lifesaving. It is important BLS is started as quickly as possible for the best outcome.

A helpful structure is **SSSS ABC**:

Safety

Stimulate

Shout for help

Suction/change tracheostomy

Airway

Breathing

Circulation

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For more information go to www.tracheostomy.org.uk

Safety

- Ensure it is safe for you to approach and remove any environmental dangers eg. road traffic, spills, electrical hazards.

Stimulate

- Gently try to wake the child by pinching them and calling their name.

Shout for Help

- Loudly shout for help and ask someone to dial '999' stating the child has a tracheostomy and if they are not breathing.

Suction/ Change Tube

- Lie the child on a flat surface and support their forehead and chin to expose the tracheostomy. Suction the tube. If resistance is felt, **immediately** change the tube. If the tube will not pass easily, use a smaller tube.



Airway

- Assess for breathing by listening and feeling for air at the side of your cheek and watching for the child's chest moving for up to 10 seconds.

Breathing

- If the child is not breathing or you are unsure, GIVE 5 RESCUE BREATHS using either an ambubag or mouth to tracheostomy.

Circulation

- Check for any response to rescue breaths. If none, commence CHEST COMPRESSIONS giving 15 and then 2 RESCUE BREATHS. Continue this in alternate cycles.

Continue to perform CPR giving 15 chest compressions followed by 2 rescue breaths with as little delay as possible between each cycle until help arrives. If you have been unable to summon help, after 1 minute of CPR decide if you can safely carry your child to find assistance.