

Tracheostomy Care: CPR (Cardiopulmonary Resuscitation) with a Tracheostomy Tube

CPR

1. Check to see if the child will respond to you. Tap the child gently. Gently tap his shoulders or the feet of an infant to see if he moves.
2. If the child does not respond, call out for someone to help you. Ask them to dial 911. If someone else is in the house, do not leave the child to make a phone call at this time.
3. Place the child on his back on a hard surface.
4. Look at the child's face and chest to see if he is breathing. Look for at least 5 seconds, but no more than 10 seconds.
5. If the child is not breathing, remove clothes from the child's chest.
6. Locate the proper position for chest compressions. Push hard and fast at a rate of 100 compressions per minute.

For an infant:

- Place two fingers on the chest below the nipples (Picture 1).
- Press the chest 30 times straight down 1 ½ inches.
- After 30 compressions, give 2 breaths 1 second each (see step 7).
- After 5 cycles of 30 compressions and 2 breaths, call 911 if you are alone.



Picture 1 Place 2 fingers below the nipples on a baby and press straight down.

For a child

- Place heel of 1 or 2 hands in between nipples and push straight down 2 inches.
- After 30 compressions, give 2 breaths 1 second each (see step 7).
- After 5 cycles of 30 compressions and 2 breaths, call 911 if you are alone.

Continued on Page 2

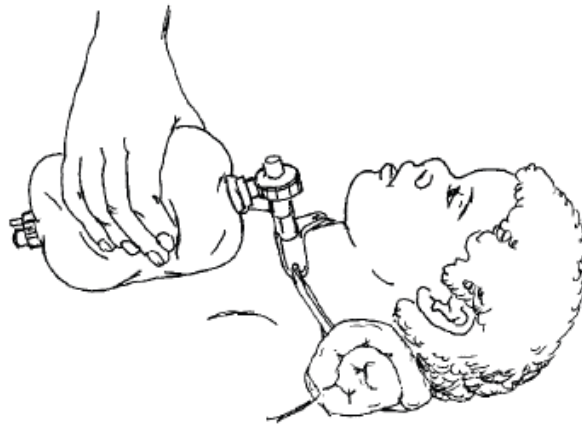
CPR, continued

For an adult:

- Call 911 first if you are alone.
 - After calling, compress the chest with the heels of both hands, pushing the chest down 2 inches.
 - Do sets of 30 compressions and 2 breaths 1 second each (see step 7) until the person responds or trained help takes over.
7. After you have compressed the chest 30 times, check for breathing by looking, listening and feeling for breath coming from the mouth and trach (Picture 2).
 8. Give 2 breaths with the resuscitation bag.
 9. If the chest does not rise, suction the trach tube.
 10. Change the trach if it is blocked and you cannot suction the tube.
 11. Give 2 breaths with the resuscitation bag (Picture 3).



Picture 2 Check for breath coming from the mouth and trach.



Picture 3 Squeeze and release the resuscitation bag.