

WHO charts for everyone caring for children in hospital

Chart 3. How to manage the choking infant and child is from **'Pocket Book of Hospital Care for Children - Guidelines for the Management of Common Illnesses with Limited Resources'** WHO 2005 – see the whole book at <http://www.ichrc.org/>. We published Charts 1 and 2 in previous issues of this journal (vol 3 nos 1 & 2) and plan to publish more charts in future issues.

You can use these charts in different ways. For example, you can print them and display them in relevant wards or clinics (laminated if possible), or use them as a 'memory aid' in your pocket, as handouts or as training aids.

We thank the WHO for permission to reproduce these charts, and Dr O'Hare who gave us the idea of making the charts more widely available.

CHART 3. How to manage the choking infant



Back slaps



Chest thrusts

- ▶ Lay the infant on your arm or thigh in a head down position
- ▶ Give 5 blows to the infant's back with heel of hand
- ▶ If obstruction persists, turn infant over and give 5 chest thrusts with 2 fingers, one finger breadth below nipple level in midline (see diagram)
- ▶ If obstruction persists, check infant's mouth for any obstruction which can be removed
- ▶ If necessary, repeat sequence with back slaps again

CHART 3. How to manage the choking child (over 1 year of age)



Slapping the back to clear airway obstruction in a choking child

- ▶ Give 5 blows to the child's back with heel of hand with child sitting, kneeling or lying
- ▶ If the obstruction persists, go behind the child and pass your arms around the child's body; form a fist with one hand immediately below the child's sternum; place the other hand over the fist and pull upwards into the abdomen (see diagram); repeat this Heimlich manoeuvre 5 times
- ▶ If the obstruction persists, check the child's mouth for any obstruction which can be removed
- ▶ If necessary, repeat this sequence with back slaps again



Heimlich manoeuvre in a choking older child