

Changes to the American Red Cross guideline, effective July 1, 2001, are as follows (the new or changed material is in **boldfaced** type). Text page in parenthesis refers to Delmar's Comprehensive Medical Assisting, 2nd edition:

(text page 112) **PROCEDURES 9-3, 9-4, 9-5, 9-6, and 9-7** describe how to perform the Heimlich maneuver for adults, children, and infants. **These reflect the American Red Cross updates effective July 2001.**

PROCEDURES 9-4 (text p.114-115):

4. Give **two** breaths (Figure 9-20B).
5. If air will not go in, retilt head to try to breathe **give two breaths** again. If air will not go in, place the heel of your hand against the abdomen above the umbilicus and below the xiphoid process of the sternum (Figure 9-20C) **give 15 chest compressions** .
6. ~~Kneel astride the patient's thighs. Give up to five abdominal thrusts (Figure 9-20D)~~ **Find hand position on breastbone 2 inches above xiphoid and compress 2 inches deep (For child, give five compressions, 1½ inches deep.)**
7. Lift the jaw, **look for object**, and sweep it out of the mouth **with finger, if seen**. (Figure 9-20EC.)
8. Tilt back the head, lift the chin, and give breaths again **slowly**. Continue giving breaths and ~~thrusts~~ **compressions, looking for object**, and sweeping ~~the mouth~~ **it out if seen. Continue breathing** until breaths go in.

Figure 9-20

~~(C) If air does not go in, place the heel of hand against abdomen above the umbilicus and below the xiphoid process of the sternum (2 finger widths or 1½ inches above xiphoid). (D) Give up to five abdominal thrusts. (EC) Lift jaw and sweep out mouth.~~

PROCEDURE 9-6 (text p. 117):

3. Give five chest ~~thrusts~~ **compressions ½ to 1 inch deep** on about the center of the breastbone (Figure 9-22B).
4. Look in the infant's mouth for the object. Repeat the back blows and chest ~~thrusts~~ **compressions** and look for object until the infant begins to breathe on own. If the infant becomes unconscious, use back blow and chest ~~thrust~~ **compression** techniques for unconscious infants (Procedure 9-7).

PROCEDURE 9-7 (text p.118-119):

7. If breaths still will not go in, ~~position the infant face down on your forearm~~ **give chest compressions ½ to 1 inch deep**.
8. ~~Give back blows with the heel of your hand between the infant's shoulder blades (Figure 9-23C).~~
9. ~~Position the infant face up on your forearm.~~
10. ~~Give five chest thrusts on about the center of the breastbone (Figure 9-23D).~~
- 11 **8.** Lift jaw and tongue and check for object. If you see the object, sweep it out (Figure 9-23EC).
- 12 **9.** Tilt back head and give **one** breaths again.
- 13 **10.** Repeat breaths, ~~back blows,~~ **and chest thrusts compressions**, and checking for object until breaths go in. If the infant does not begin to breathe on his own, prepare to perform CPR.
- 14 **11.** Remove gloves. Wash hands.
- 15 **12.** Document the procedure.

Procedure 9-7 (Continued)

Figure 9-23

~~(C) If breaths will not go in, place the infant face down on forearm and give five back blows. (D) With infant face up on forearm, give five chest thrusts. (E) Lift jaw and tongue. Check for object and, if seen, sweep out.~~

PROCEDURE 9-11 (text p.123):

6. After locating the area on the abdomen 2 inches above the xiphoid (Figure 9-27A), position your shoulders over your hands and compress the chest about $\pm \frac{1}{2}$ to 2 inches fifteen times (Figure 9-27B).