



Near Drowning and Choking

For FLW





LEARNING OBJECTIVES

At the end of the session, you will be able to

- List the life-threatening signs of near drowning.
- Describe the management of near drowning at SHC-HWC level.



DEFINITION

- Even though we use the word “drowning” commonly to refer to suffocation from water entering the nose and mouth of a person, the correct word to be used is “near-drowning” which means almost dying from suffocating under water.
- This is the stage where emergency care is needed to save the victim’s life.





SYMPTOMS & SIGNS



- A victim of near-drowning could most probably be unresponsive which you will learn when you conduct AVPU
- Signs that are life-threatening are:
 - Cold or bluish skin
 - Abdominal swelling
 - Chest pain
 - Cough
 - Vomiting
 - No breathing
 - Erratic breathing
 - No pulse
 - Nail beds, slow or no circulation
 - Mouth, nose or skin turning blue

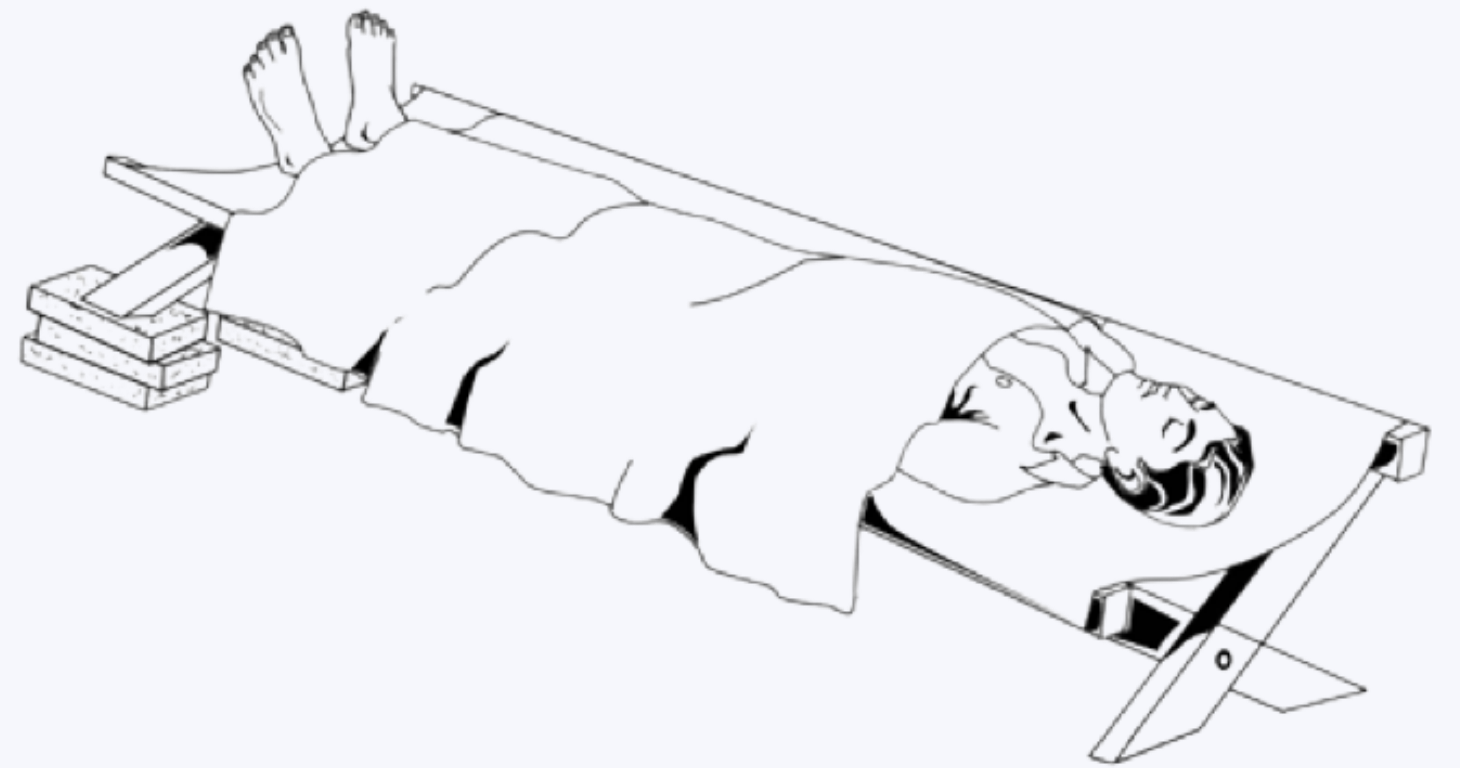




MANAGEMENT PROTOCOL AT HEALTH AND WELLNESS CENTRE



- AVPU and ABCDE are extremely important in cases of near-drowning as the victim might be unresponsive on assessment and may be in need of CPR or assisted breathing.
- When you Check for ABCDE in a victim of near-drowning, you could follow the below mention approach:





Check for the victim's breathing
(Use look, listen, feel)

Look for visible movement of chest

Listen for breathing sound

Feel the victim's pulse

BREATHING

**NOT BREATHING
NOT PULSE**

If no spinal injury,

Put the victim in recovery position

Cover the victim in warm blanket- keep victim warm

Observe

GIVE URGENT CPR





Remove the victim from water immediately

Assess for breathing. If the victim is breathing then place him/her in recovery position. If the victim is not breathing or moving then he/she might require Cardio-Pulmonary Resuscitation (CPR) (As shown in the previous section)

Be very careful when handling the person and performing CPR, as the individual could have a neck or spinal injury. Do not move or turn their neck or head. Stabilize the neck by manually holding the head and neck in place or placing towels or other objects around the neck to support it.

Remove wet clothes and cover the victim with a blanket to prevent hypothermia (support the neck while removing the victim's clothes)

Remove any visible foreign body, weed, sand or mud from the mouth

Transfer the victim to the appropriate nearest health facility immediately



PREVENTION AND AWARENESS GENERATION AT THE COMMUNITY LEVEL

- Do not leave infants and small children unattended around water bodies.
- Do not leave vessels filled with water uncovered around small infants and children, eg. Buckets, drums etc.
- Avoiding alcohol consumption while driving or boating or playing near water bodies





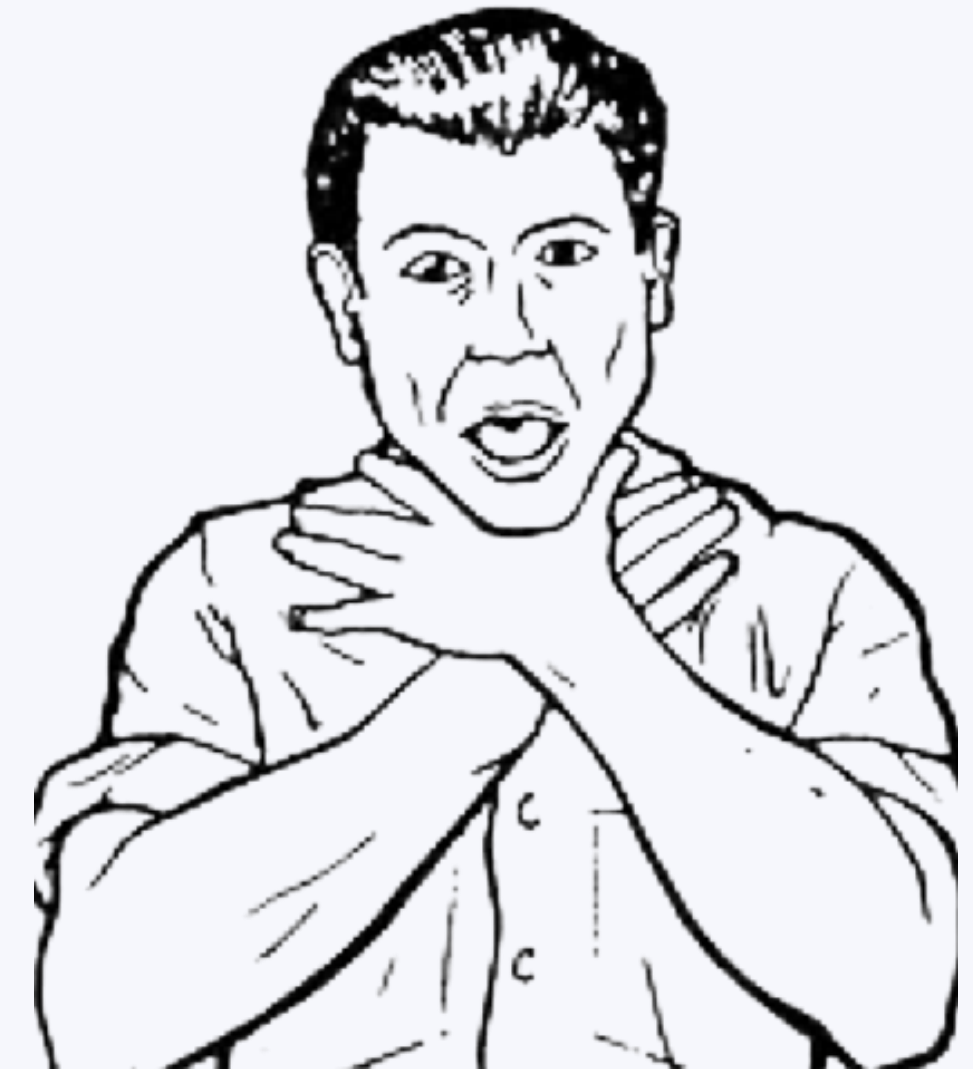
Choking





INTRODUCTION

- Even though choking is more common in children, it can also happen in adults.
- The object on which the victim has choked, might block the throat.
- In such cases, the victim might have difficulty in breathing or talking and sometimes the skin might turn blue.





RECOGNIZING LIFE THREATENING SITUATIONS

- In some cases, choking can be life-threatening since the object the victim is choking on could cut off airway giving the brain limited oxygen.
- The brain can only function without oxygen for few minutes and this is why it is important to attend to the victim of choking as soon as possible.
- A person who's choking may cough continuously until they expel the food or liquid from their throat or airway.
- However, in some cases, the object, food, or liquid gets stuck in the throat and cuts off the air supply.





SIGNS

Some of the signs to identify if the case is life-threatening and needs emergency care are following:

- The victim is unable to speak, cough, make noise or breathe
- Bluish tint to the lips, skin, or nails from a lack of oxygen.





MANAGEMENT- ADULTS

Step 1	Reassure the person
Step 2	Bend him/her forwards so that the head is lower than the chest
Step 3	Encourage him/her to cough if possible
Step 4	Give 5 separate back blows between the person's shoulder blades with the heel of your hand.

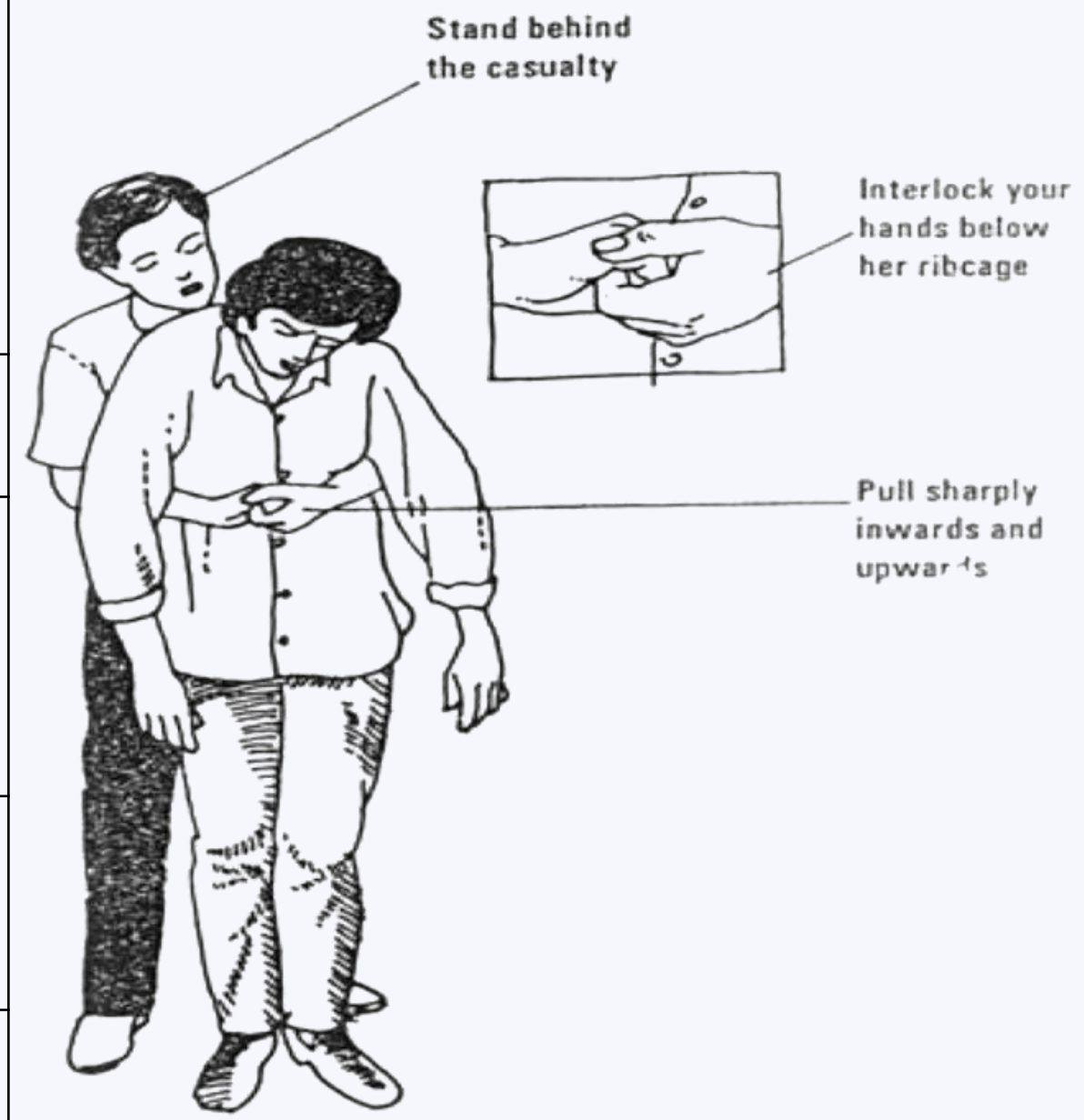


Encourage her to cough up the obstruction





<p>Step 1</p>	<p>Stand behind the victim and put both arms round the upper part of his/her abdomen. If the choking patient is a child, position yourself to the correct height. If the choking patient is a pregnant woman, place your arms below the chest and above the level of the abdomen.</p>
<p>Step 2</p>	<p>Lean the victim forward.</p>
<p>Step 3</p>	<p>Clench your fist and place it between the umbilicus (navel) and the bottom of sternum (breast bone).</p>
<p>Step 4</p>	<p>Grasp this hand with your other hand and pull sharply inwards and upwards.</p>
<p>Step 5</p>	<p>Repeat up to five times.</p>





MANAGEMENT- CHILD

Step 1	Place the child over your knee
Step 2	Slap him on the back between shoulder blades using less force than for an adult.

Keep his head low



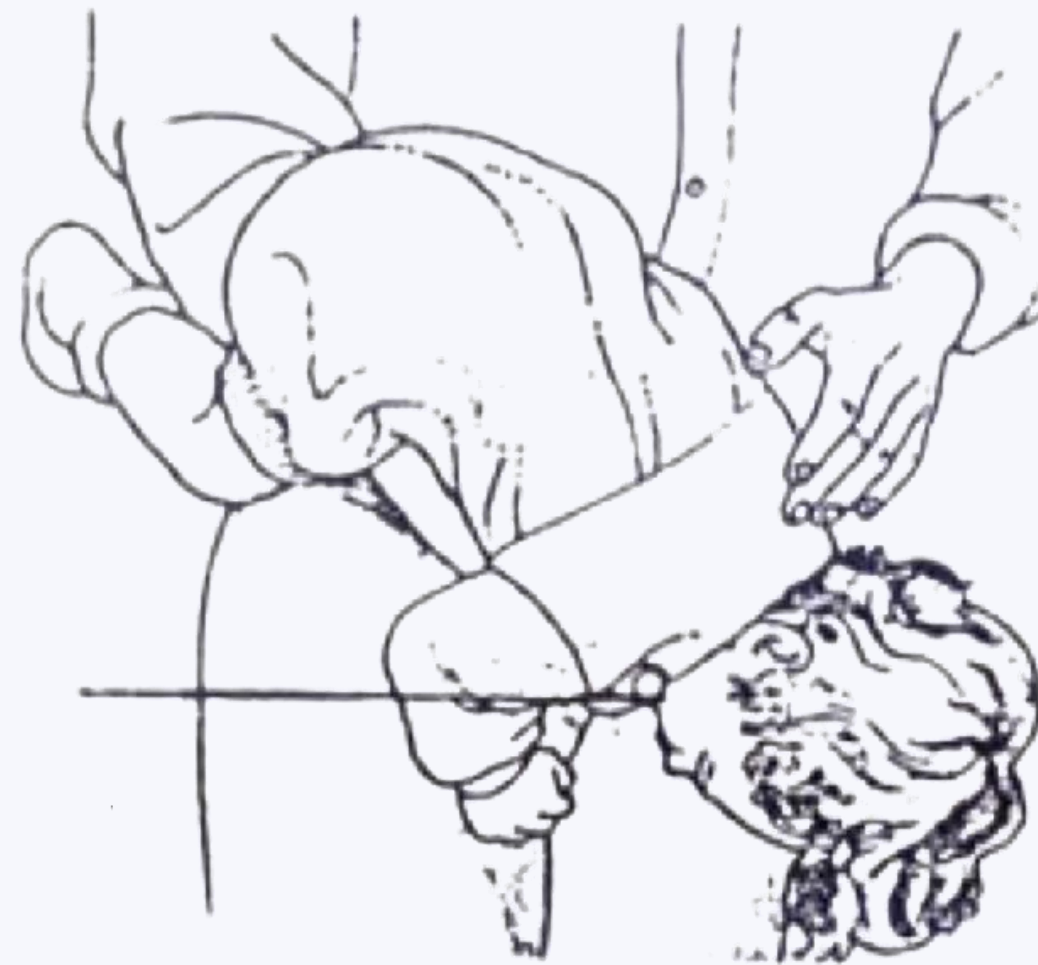


MANAGEMENT-BABY




Step 1	Lay the baby along your forearm
Step 2	Slap him on the back between shoulder blades using less force than for a child.


Support the baby
under the chin



PREVENTION AND AWARENESS GENERATION AT COMMUNITY LEVEL




Do not leave infants and small children unattended around toys or other small objects like coins, bottle caps, batteries etc.



Stay alert while eating or drinking. Supervise small children while they eat or drink. Educate parents to discourage their children talking/laughing while eating or eating too fast etc.



Making it a habit to always keep water next to oneself while eating.



Educate community on how to relieve obstruction due to choking. Can be taught to volunteers, school kids, etc





Thank You

