

The ABCs of CPR for a Child with a Tracheostomy

Airway-Breathing-Circulation

1. Determine unresponsiveness by gently shaking the child's shoulders.
2. Call for help if someone is nearby.
3. Position the child on his or her back on a firm surface. Be careful of the head and neck.
4. Check for breathing by looking, listening, and feeling for breath. If your child begins to breathe, keep the airway open and observe him or her closely.
5. If he or she is not breathing, breathe two times into the tracheostomy by mouth-to-tracheostomy or by ambu resuscitation bag-to-tracheostomy. Each breath should be 1-1/2 seconds. If you have oxygen available attach the oxygen to the ambu bag. The child's chest should rise gently with each breath.
6. If you are unable to get the air in, suction the tracheostomy tube using saline drops if necessary. Try to breathe again and repeat step five.
7. If you are still unable to get air in, change the tracheostomy tube and repeat step five.
8. After giving two complete breaths, feel for the child's pulse. If the pulse is strong (at least one per second) maintain an open airway and perform rescue breathing once every three seconds. Call for emergency help.

If there is no pulse, you must begin CPR. Follow these steps:

- Draw an imaginary line between the nipples. Place the heel of one hand in the middle over the sternum. (Use two fingers on the sternum if your child is younger than 1 year old.)
 - Compress 1 to 1-1/2 inches at a rate of 80 to 100 per minute.
 - Do this five times, then give a breath.
9. Compression and ventilation cycles:
 - Give five compressions to one breath. Count 1 and 2 and 3 and 4 and 5, then give a breath.
 - Do this for 10 cycles.
 - Call for emergency help (i.e. 911).
 10. After calling for help, check return of breathing and or pulse. Continue CPR until help arrives.