

DIFFICULTY BREATHING

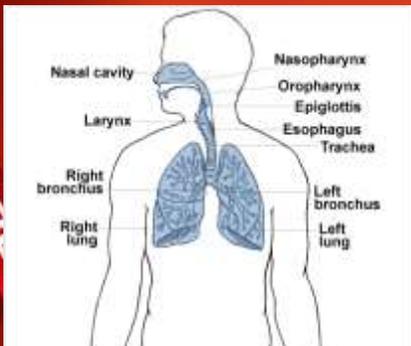
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Objectives & Learning Outcomes

- Respiratory System
- Respiration Process
- You will able to:
 - Recognise Asphyxia
 - Describe Signs and Symptoms and provide treatment to victims of Asphyxia
 - Relieve Foreign Body Airway Obstruction (FBAO)

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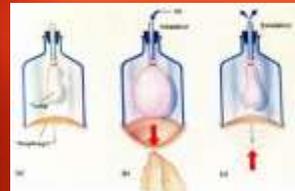
The Respiratory System



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Mechanism of Breathing

- Mechanism of Breathing
 - Inhale
 - Exhale
 - Pause



$$P \propto 1/V$$

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Oxygen and Respiration

- Respiration Rate
 - 16-20 (adult)
 - Up to 30 (child & infant)
- Exchange of Gas in Lungs
- 21% Oxygen in Atmosphere Air
- 16% Oxygen in Expired Air



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Asphyxia

- Respiratory Disorder
- Causes Hypoxia (Low Oxygen in Blood)
- Causes:
 - Chest unable to expand
 - Airway obstruction
 - Spinal Injury
 - Low / No Oxygen in atmosphere

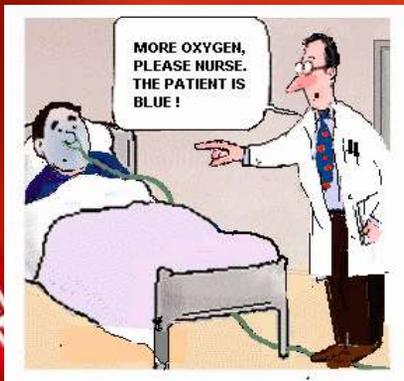
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Asphyxia – Signs & Symptoms

- Not breathing normally
 - Too fast
 - Too slow
- Respiratory Arrest
- Signs & Symptoms of Hypoxia
 - Cyanosis (Blue)
 - Lips / Face / Extremities
 - Gasping for air
 - Noisy
 - Irritable and aggressive

Asphyxia - Management

- If hypoxia is not corrected, breathing and heart may stop
- Assisted Ventilation
 - **Expired Air Resuscitation (EAR)**
 - Mouth to Mouth
 - Mouth to Nose
 - Mouth to Mouth & Nose
- Give Oxygen (if trained)



Question?

Asthma



- Narrowed Air Passage
- Wheezing sound
- Problem to breath out
- Help to administer drugs
- Lean forward
- Send to hospital

Choking



- Eat and Talk
- Went down the wrong pipe
- Fully preventable
- Can't breath / talk

Choking - Signs & Symptoms

- Universal Sign
- Unable to Speak / Cough
- Turning blue
- May fall unconscious



Choking - Management

- Heimlich Maneuvre (Abdominal Thrusts)
- Chest Thrusts
 - Late Pregnancy
 - Obese
- CPR with Mouth Check



Heimlich Maneuvre

- Approach with care
- Support patient
- Locate hand position
- Fast and forceful inward-upward thrusts



Practical Session

