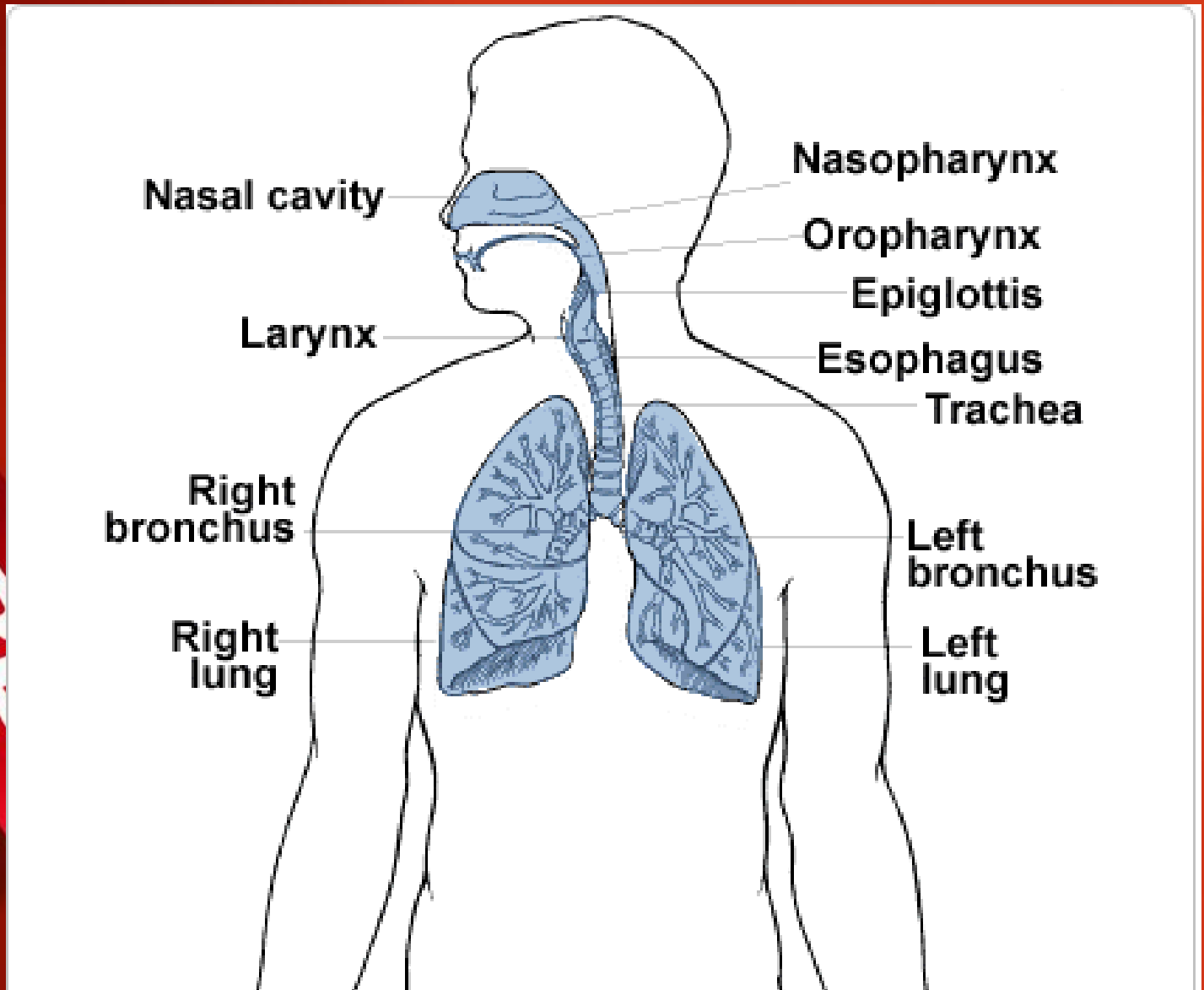
Difficulty Breathing

Objectives & Learning Outcomes

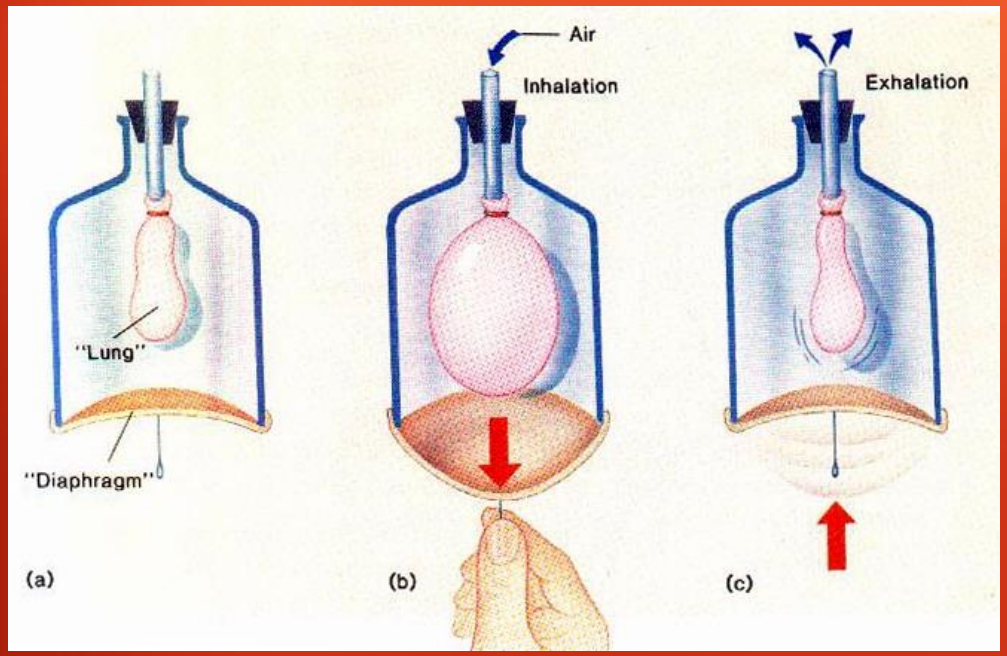
- Respiratory System
- Respiration Process
- You will able to:
  - Recognise Asphyxia
  - Describe Signs and Symptoms and provide treatment to victims of Asphyxia
  - Relieve Foreign Body Airway Obstruction (FBAO)

The Respiratory System



Mechanism of Breathing

- Mechanism of Breathing
  - **Inhale**
  - **Exhale**
  - **Pause**



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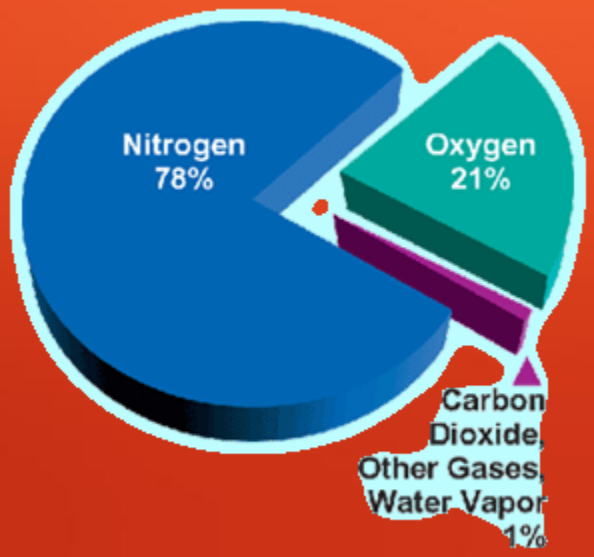
Oxygen and Respiration

- 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



Asphyxia

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

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

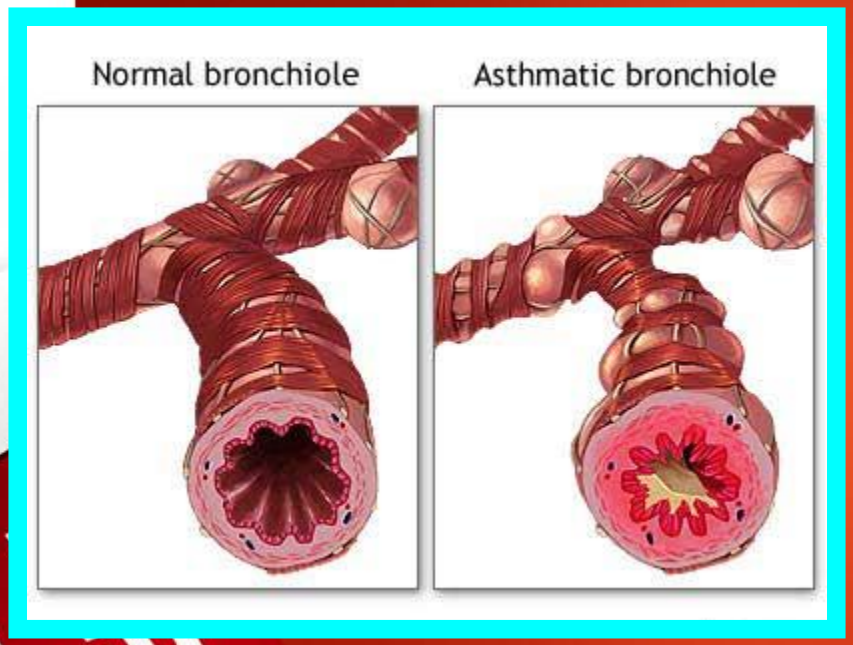
Asphyxia - Management

- 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)

MORE OXYGEN, PLEASE NURSE. THE PATIENT IS BLUE !
FRE

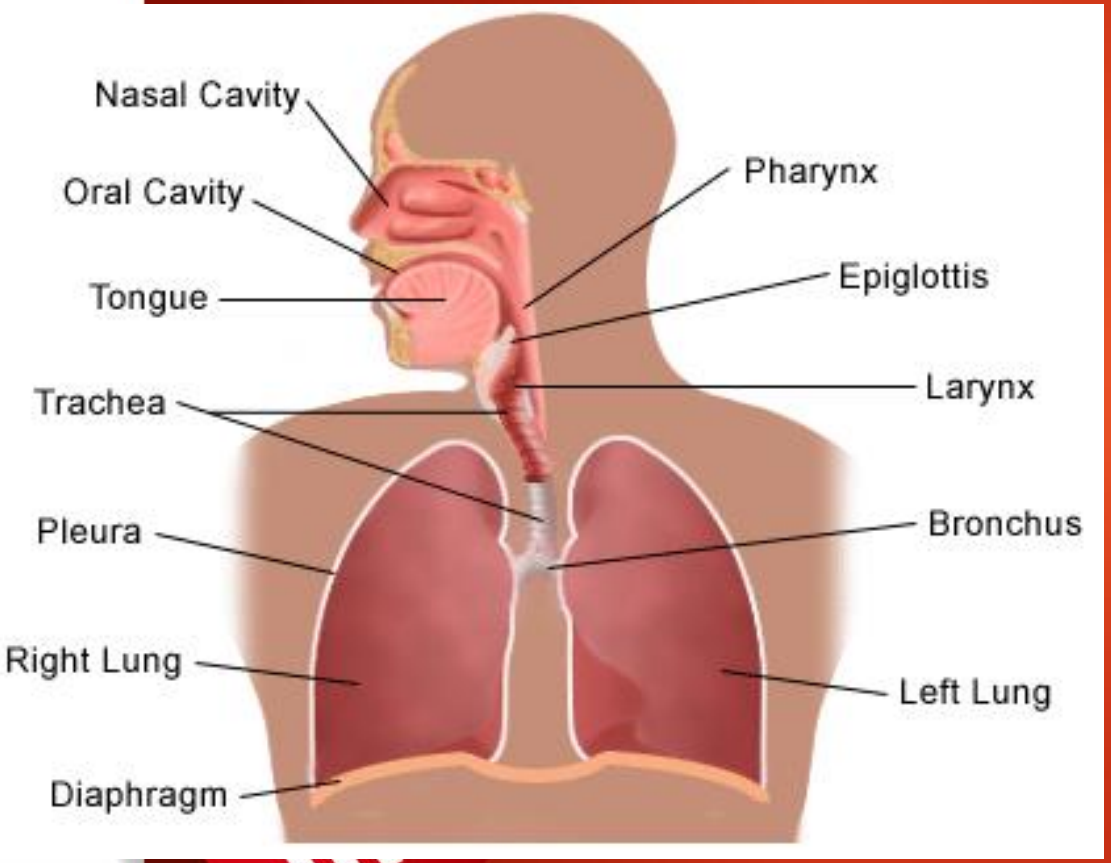
Question ?

Asthma



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

Choking



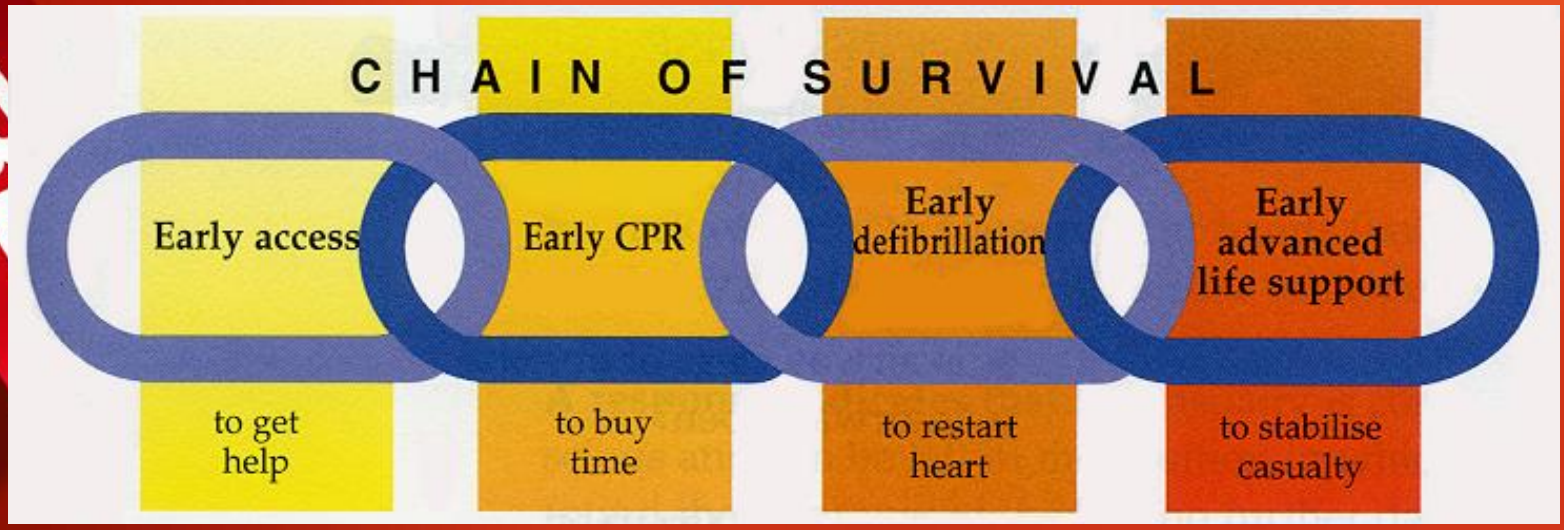
- Eat and Talk
- Went down the wrong pipe
- Fully preventable
- Can’t breath / talk

Choking - Signs & Symptoms

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

Choking - Management

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



Heimlich Maneuvour

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

Practical Session

Dressing &
Bandages

Thank You
谢谢
ST. JOHN AMBULANS MALAYSIA
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PARAMEDIC
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