

CHAPTER 5: BREATHING EMERGENCIES (RTE)

I. INTRODUCTION

- A. Four systems work together for breathing to occur
 - 1)
 - 2)
 - 3)
 - 4)
- B. Diaphragm & chest muscles contract & relax
- C. Without oxygen –

II. RECOGNIZING BREATHING EMERGENCIES

- A. Two Types of Breathing Emergencies:
 - 1)
 - 2)
- B. Causes of Breathing Emergencies:
 - 1)
 - 2)
 - 3)
 - 4)
 - 5)
 - 6)
 - 7)
 - 8)
 - 9)
 - 10)
 - 11)
 - 12)
- C. Signs and Symptoms of Respiratory Distress:
 - 1) Abnormal breathing
 - a.
 - b.
 - c.
 - 2) Abnormal skin appearance
 - a.
 - b.
 - 3) Victim “feels” different
 - a.
 - b.
 - c.

III. SPECIFIC TYPES OF RESPIRATORY DISTRESS

A. Asthma:

- 1) Definition –
- 2) Triggers –
- 3) S/S –
- 4) Controlled by medication

B. Emphysema:

- 1) Definition –
- 2) Cause –
- 3) S/S –
- 4) Advanced cases –

C. Bronchitis:

- 1) Definition –
- 2) Causes –
- 3) S/S –

D. Anaphylactic Shock:

- 1) Definition –
- 2) Causes –
- 3) S/S –
- 4) Care –

E. Childhood Forms of Respiratory Distress:

- 1) Respiratory system infections common (minor severe)
- 2) Croup –
- 3) Epiglottitis –
- 4) Care –

- F. Hyperventilation:
 - 1) Definition –
 - 2) Causes –
 - 3) S/S –
 - 4) Care:
 - a. From injury or illness –
 - b. From emotional response/exercise –

IV. CARE FOR RESPIRATORY DISTRESS

- A.
- B.
- C.
- D.

V. RESPIRATORY ARREST

- A. Definition –
- B. Commonly caused by illness, injury, or choking
- C. If uncared for
- D. Body systems –
- E. Rescue Breathing:

VI. RESCUE BREATHING (ADULT)

- A. Check for Consciousness
- B. Open Airway:
 - 1) Tongue –
 - 2) Head-tilt/chin-lift or jaw thrust (if applicable)
 - 3) Obstructions –
- C. Check for Breathing:
 - 1) If not breathing, 2 slow breaths
 - 2) Volume –
- D. Check for Pulse: adult/child (carotid), infant (brachial)
- E. Rescue Breathing:
 - 1) Technique –
 - 2) Volume –
 - 3) Continue for 1 minute, then recheck pulse and breathing

VII. BREATHING DEVICES

- A. Characteristics:
 - 1)
 - 2)

VIII. SPECIAL CONSIDERATIONS FOR RESCUE BREATHING

- A. Air in the Stomach:
 - 1)
 - 2)
 - 3)
- B. Vomiting:
- C. Mouth-to-Nose Breathing:
- D. Mouth-to-Stoma Breathing:
 - 1) Stoma –
 - 2) Technique –
- E. Victims with Dentures:
- F. Victims with a Suspected Head, Neck, or Back Injury:
 - 1) Cause –
 - 2) Minimize neck movement:
 - a.
 - b.
 - c.

IX. RESCUE BREATHING (CHILD)

- A. Differences:
 - a. Airway –
 - b. Volume –
 - c. Rate –

X. RESCUE BREATHING (INFANT)

- A. Differences:
 - a. Airway –
 - b. Cover nose and mouth
 - c. Pulse check –
 - d. Volume –
 - e. Rate –

XI. AIRWAY OBSTRUCTION

A. Most common respiratory emergency

B. Two Types:

1) Anatomical obstruction –

2) Mechanical obstruction (choking) –

C. Additional Causes:

1)

2)

3)

4)

5)

D. Partial Airway Obstruction:

E. Complete Airway Obstruction:

F. Conscious Airway Obstruction (Adult):

Someone who cannot cough, speak, or breathe

1) Ask –

2) Identify and explain –

3) Position yourself –

4) Hand placement –

5) Thrusts –

6) Goes unconscious –

7) Pregnant or obese –

8) Yourself –

G. Unconscious Airway Obstruction (Adult):

1) Check consciousness

2) Open airway

3) Check for breathing, give 2 rescue breaths

4) Air does not go in –

5) Retilt head and give 2 more breaths

6) Air still does not go in –

7) Chest compressions –

8) Foreign object check/removal –

9) Attempt 2 rescue breaths –

10) Air still does not go in –

11) If sweep out an object –

12) If breaths go in –

H. Conscious Airway Obstruction (Child):
Similar technique to adult...

- 1) Position –
- 2) Thrusts –

I. Unconscious Airway Obstruction (Child):

- 1) Check consciousness
- 2) Open airway
- 3) Check for breathing, give 2 slow breaths
- 4) Air does not go in –
- 5) Retilt head and give 2 more breaths
- 6) Air still does not go in –
- 7) Chest compressions –
- 8) Foreign object check/removal –
- 9) Attempt 1 rescue breath –
- 10) Air still does not go in –
- 11) If sweep out an object –
- 12) If breaths go in –

J. Conscious Airway Obstruction (Infant):
Infant cannot cry, cough, or breathe

- 1) 5 back blows –
- 2) Turning –
- 3) 5 chest thrusts –
- 4) Repeat –

J. Unconscious Airway Obstruction (Infant):

- 1) Check consciousness
- 2) Open airway & check for breathing
- 3) Give 2 slow breaths
- 4) Air does not go in –
- 5) Retilt head and give 2 slow breaths
- 6) Air still does not go in –
- 7) Hand position –
- 8) Chest compressions –
- 9) Foreign body check
- 10) Attempt 1 rescue breath
- 11) Air does not go in –
- 12) If sweep out an object –
- 13) If air goes in –

