



## CHOKING. FIRST AID ACTIONS.

**Jūratė Tunc,**  
**Violeta Kamantauskienė** (*supervisor*)  
*Kaunas University of Applied Sciences, Faculty of Medicine*

**Research aim.** To describe reasons of choking and first aid actions.

**Keywords:** automated external defibrillator (AED), cardiopulmonary resuscitation (CPR), abdominal clicks (Heimlich maneuver).

**Research methods.** Analysis of scientific literature.

**Results / Findings.** Common reasons for choking is big bites of food or improper way of eating. Choking can be partial and complete.

Heimlich maneuver is the most used action as first aid for choking person. Heimlich maneuver cannot be performed on children less than 1 year.

Elder people are most at risk of choking. Children and babies are taking a second place. Anyone who provides care to aged people, young children and babies must be aware of the risks of choking.

### **Practical significance.**

Choking events are fairly common in both adults and children. In minutes, they may lead to a fatal outcome.

According to National Safety Council roughly about 5000 people die from choking each year. According to *Injury Facts 2017*, choking is the fourth leading cause of death among preschool children, and the fourth leading cause of unintentional death overall. The most common objects on which children choke are food, coins, balloons, and other toys.

Choking is largely preventable with a little knowledge and by following proven guidelines. Knowing the first aid actions for choking person, elderly, children or babies can save a life in a sudden unexpected situation. Best results can be achieved if we are familiar with methods to rapidly relieve choking and can provide an appropriate assistance. Many institutions should work toward educating the public on methods of responding to a choking event. It is also proved that children as young as 6 years old can save a life with a choking rescue skills. Educating about choking prevention from young age can potentially reduce complications in choking events.