CANADIAN RED CROSS

# Choking

## PRE-HOSPITAL

**Call details:**
Called to the food court in a mall for a 24-year-old male in a wheelchair who is choking on something he was eating. The man is conscious.

**Instructions to role-players:**
You are a 24-year-old man in a wheelchair. You are having lunch in a mall food court with some friends when a french fry goes down the wrong way and you start choking. You are still conscious but are unable to breathe.

## MARINE

**Call details:**
Called to the dining area of a chartered tour boat for a 24-year-old male who is choking but is conscious.

**Instructions to role-players:**
You are a 24-year-old man in a wheelchair. You have just begun eating your lunch and suddenly you start choking on a french fry. You are still conscious but are unable to breathe.

## WORKPLACE

**Call details:**
Called to the cafeteria, where an employee, a 24-year-old male in a wheelchair, is choking. The man is still conscious.

**Instructions to role-players:**
You are a 24-year-old man in a wheelchair. You are having lunch in the office cafeteria with co-workers. A french fry goes down the wrong way and you start choking. You are still conscious but are unable to breathe.

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Participant(s): _____

Time initiated: _____

| | | | Findings/Actions Successfully Identified/Demonstrated | | |
|---|---|---|---|---|---|
| | **Findings** | **Actions** | **Yes** | **No** | **Notes/Supporting Comments** |
| **Scene Survey** | | | | | |
| Environment | Safe, many people present | Ensure safety | | | |
| Hazards | None | | | | |
| Mechanism/Chief Complaint | Choking | | | | |
| Number of Patients | 1 | | | | |
| Additional Resources | EMS | | | | |
| **Primary Survey** | | | | | |
| **Introduction** | | **Apply PPE, introduce self and obtain consent** | | | |
| Appearance | Patient showing distress signal for choking | | | | |
| Level of Consciousness | Conscious, obvious distress | | | | |
| Spine | Clear | | | | |
| Airway | No obstruction noted | **Check airway, initiate choking procedure** | | | |
| Breathing/Circulation | Absent/present | | | | |
| Shock | Cyanosis about the face | Treat the cause | | | |
| **Rapid Body Survey** | | | | | |
| Head-to-Toe Check | No significant findings other than the obstruction | | | | |
| Intervention | | Clear the obstruction | | | |
| **Transport Decision** | | | | | |
| Decision | | Transport as per local protocol | | | |

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| | | | | Findings/Actions Successfully Identified/Demonstrated | | |
|---|---|---|---|---|---|---|
| | Findings | | Actions | Yes | No | Notes/Supporting Comments |
| **Secondary Survey** | | | | | | |
| **Interview** | | | | | | |
| Chief Complaint | Choking | | Once obstruction has been cleared, administer oxygen via NRB, 12–15 lpm | | | |
| Signs/Symptoms | Cyanosis, no breathing | | | | | |
| Allergies | Penicillin | | | | | |
| Medications | None | | **Continue to monitor patient** | | | |
| Past Medical History | None | | | | | |
| Last Meal | Lunch: current meal | | | | | |
| Events Prior | While eating began choking | | | | | |
| **Vital Signs** | | | | | | |
| Pulse | 110/regular/full | 90/regular/full | Once the obstruction is removed, use the vital signs listed | | | |
| Respirations | 24/regular/full | 18/regular/full | | | | |
| Blood Pressure | 128/88 | 122/82 | | | | |
| Pupils | 4 mm | 4 mm | | | | |
| Skin | Normal | Normal | | | | |
| GCS | 15 | 15 | | | | |
| $SPO_2$ | 96% | 100% | | | | |
| Blood Glucose | N/A | N/A | | | | |
| **Head-to-Toe Check** | | | | | | |
| Head/Face | Cyanosis clears | | | | | |
| Neck | | | | | | |
| Chest | Good air entry | | Auscultation if trained | | | |
| Abdomen/Pelvis | | | | | | |
| Back | | | | | | |
| Upper Extremities | | | | | | |
| Lower Extremities | | | | | | |
| Neurological | Alert/oriented to time, place, person | | | | | |
| **Secondary Transport Decision** | | | | | | |
| Decision | | | Transport if not already done so | | | |

Time completed: _____

Overall comments: _____

Steps shaded in dark grey are critical actions/findings. If a critical action/finding is not successfully demonstrated/identified, the scenario is incomplete. If the scenario is marked incomplete, supporting comments are required.

☐ Complete ☐ Incomplete

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