

## CPR For Tracheostomy Patients

**If your child has difficulty breathing** (very fast or hard breathing, very pale or blue skin, sweating, squeaky, or whistling noise from tracheostomy tube):

Suction the tracheostomy tube at once.

Replace the tracheostomy tube if:

The tube comes out.

The tube is blocked with mucus.

Your child's breathing does not improve with suctioning.

**Perform CPR** (Cardiopulmonary Resuscitation) **if your child stops breathing:**

Have someone **CALL 911** while you begin CPR. (If you are alone and the child is 8 years of age or younger, do 5 set of CPR before calling 911.)

Stimulate your child by gently shaking him.

Put your child on his back on a firm surface (like a table or the floor).

Suction the tracheostomy tube. Replace it if it is blocked.

**For Infants (under 1 year of age):**

Press straight down  $\frac{1}{3}$  -  $\frac{1}{2}$  the depth of the chest, using two fingers on the breastbone and one fingerwidth below the nipple line at a rate of 100 times per minute. Do not lift your fingers off the chest. Give 30 compressions. Then give 2 breaths.

**For Children 1 to 8 years of age:**

Press straight down  $\frac{1}{3}$  -  $\frac{1}{2}$  the depth of the chest, using the heel of one hand on the lower half of the breastbone at a rate of at least 100 times per minute. Give 30 compressions. Then give 2 breaths.

**For Children over 8 years of age:**

Press straight down  $\frac{1}{3}$  -  $\frac{1}{2}$  the depth of the chest, using the heel of both hands on the lower half of the breastbone at a rate of 100 times per minute. Give 30 compressions. Then give 2 breaths.

Continue cycle of 30 compressions and 2 breaths until help arrives.

**Use Manual Ventilation Bag**

Attach bag to tracheostomy tube.

Squeeze bag with two hands. Use only enough pressure on bag to allow chest to rise.

Give breath every 5 seconds.

**Safety Precautions:**

If your child stops breathing: suction and change the tracheostomy tube as needed before starting CPR.

Discuss emergency plans with all family members.

Seek medical help immediately, even if your child improves quickly with CPR.

If your child is taken to a hospital by ambulance, go with him to help, if possible.

Take along a clean tracheostomy tube of the same size and a smaller one.