

欲知详情，请联系：

- 呼吸科 206-987-2258
- 孩子的医生
- www.seattlechildrens.org

气管造口婴儿心肺复苏术 (CPR)

以下步骤适用于不满一周岁的婴儿。

如果您的孩子对您的声音或触摸没有反应或看起来呼吸不到足够的空气，请遵循以下步骤。

情况	需要采取的行动
<p>没有反应： 婴儿没有呼吸。</p>	<p>检查是否有反应：</p> <p>拍婴儿的肩膀或脚。“你怎么了？”如果没有反应，并且没有呼吸，大声叫家里人拨打 911 急救电话。</p> <p>把婴儿仰面放在硬而平坦的表面上。</p>
<p>没有呼吸： 呼吸停止。</p>	<p>送气：</p> <p>把气管位置摆正：把婴儿的头向后倾斜，托起下巴，露出气管造口。确保造口张开，气管在正确位置。</p> <p>向造口吹气两次，使用自动充气苏醒袋或嘴吹气。吹气量不要过大，使婴儿的胸脯像自然呼吸一样起伏即可。</p> <p>如果婴儿的胸脯在吹气时不鼓起，并且苏醒袋上的压力阀脱落，禁用苏醒袋上的压力阀，用嘴吹气两次。</p> <p>如果婴儿的胸脯在吹气时不鼓起，且造口插管已经插入：取下造口插管更换。然后吹气两次。</p>
<p>仍然没有呼吸 并且在吹气后看不到生命迹象。</p>	<p>尝试恢复心跳：（做 CPR）</p> <p>假设没有脉搏。（如果受过培训，检查手臂脉搏 10 秒。如果没有脉搏，或脉搏少于每分钟 60 次，开始 CPR。）</p> <p>开始做 30 次胸外心脏按压，用两根手指按压紧靠乳头线下方的胸骨部位。胸骨下压的幅度为 1.5 英寸（4 厘米）。</p> <p>速率：每分钟按压 100-120 次。</p> <p>持续 30 次按压和两次吹气循环，直至帮助人员到达。</p>
<p>CPR 持续进行</p>	<p>连续做 CPR 两分钟。</p> <p>这相当于五个 30 次胸外心脏按压和两次吹起循环。</p> <p>两分钟之后停止 CPR，如果尚未拨打 911 急救电话，请现在拨打 911 急救电话。</p> <p>然后接着做 CPR，一直做（不要停下来），直至急救医疗人员到达或孩子出现反应。</p>
<p>孩子出现生命迹象</p>	<p>如果孩子出现反应，睁开眼睛、移动肢体或显示任何生命迹象，停止按压。</p> <p>必要时继续吹气，使用自动充气袋，每分钟 20 次，相当于每三秒吹气一次。</p>

如果您的孩子患有原发性心脏病，请向心脏科医生洽询。

To Learn More

- Respiratory Care
206-987-2258
- Ask your child's
healthcare provider
- www.seattlechildrens.org

CPR for Infant with a Tracheostomy

These steps are for an infant under age 1 year.
If your baby is not responding to your voice or touch
or appears to be gasping for breath, follow the steps below.

SITUATION	ACTION NEEDED
<p>Unresponsive: Infant is not breathing.</p>	<p>Check for responsiveness: Tap infant on shoulder or foot. "Are you OK?" If no response and no breathing, shout for family member to call 911. Place infant on their back on a firm flat surface.</p>
<p>Not breathing: No air movement.</p>	<p>Give air: Position the airway: Tilt head, lift chin, uncover tracheostomy. Make sure trach is open and airway is in place. Give 2 breaths into the trach with self-inflating resuscitation bag or mouth-to-trach. Give just enough air volume to make the chest rise like a natural breath.</p> <p>IF chest does not rise with breath and pressure valve on bag pops off: Disable pressure valve on bag and give 2 breaths.</p> <p>IF no chest rise - plugged trach: Remove and replace trach. Then give the 2 breaths.</p>
<p>Still not breathing and no signs of life after giving air.</p>	<p>Try to start heart: (Give CPR) Assume no pulse. (If trained, check the brachial pulse for 10 seconds. If no pulse, or slower than 60 bpm, start CPR.) Begin 30 chest compressions with 2 fingers on the breastbone just below the nipple line. Push bone down 1.5 inches (4 cm). Rate: 100-120 compressions per minute Continue cycles of 30 compressions and 2 breaths until help arrives.</p>
<p>CPR ongoing</p>	<p>Keep CPR going steady for 2 minutes. This is 5 cycles of 30 chest compressions and 2 breaths. Stop CPR after 2 minutes to call 911 now if not already called. Resume CPR and continue (don't stop) until medics arrive or child responds.</p>
<p>Child becomes responsive</p>	<p>If child becomes responsive, opens eyes, moves or shows any signs of life, stop compressions. Continue to support breaths if needed with self-inflating bag at a rate of 20 breaths/minute = 1 breath every 3 seconds.</p>

If your child has a primary heart condition, please consult with the cardiac team.