CPR for Child with a Tracheostomy

If your child ages 1 to puberty is unresponsive, not breathing or is gasping for air, follow the steps below.

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<th>SITUATION</th>
<th>ACTION NEEDED</th>
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| **Unresponsive:** Child is not breathing or is gasping for air. | **Check for responsiveness:**
| | Tap child on shoulder or foot. Ask “Are you OK?” If no response and no breathing, shout for family member to call 911.
| | Place child on their back on a firm flat surface. |
| **Not breathing:** No air movement. | **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.
| | IF chest does not rise with breath and pressure valve on bag pops off: Disable pressure valve on bag and give 2 breaths.
| | IF no chest rise – plugged trach: Remove and replace trach. Then give the 2 breaths. |
| **Still not breathing and no signs of life after giving air.** | **Try to start heart: (Give CPR)**
| | Assume no pulse. (If trained, check for carotid pulse (in neck) for 10 seconds. If no pulse or slower than 60 bpm, start CPR)
| | Begin 30 chest compressions with heel of one hand on the breastbone just below the nipple line. Use 2 hands if needed.
| | Push bone down 2 inches (5 cm)
| | Rate: 100-120 compressions per minute
| | Continue 30 compressions: 2 breaths until help arrives |
| **CPR ongoing** | **Keep CPR going steady for 2 minutes.**
| | This is 5 cycles of 30 chest compressions and 2 breaths.
| | Call 911 now if not already called.
| | Continue CPR until medics arrive or child responds. |
| **Child becomes responsive** | **If child becomes responsive, opens eyes, moves or shows any signs of life, stop compressions.**
| | Continue to give breaths if needed with self-inflating bag at rate of 20 breaths/minute or 1 breath every 3 seconds until medics arrive. |

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