

To Learn More

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

CPR for Teen/Adult with a Tracheostomy

If your teen has entered puberty or beyond and is unresponsive, not breathing or is gasping for air, follow the steps below.

SITUATION	ACTION NEEDED
<p>Unresponsive: Teen/adult is not breathing or is gasping for air.</p>	<p>→ Check for responsiveness: Tap teen on shoulder. Ask "Are you OK?" If no response and no breathing, shout for family member to call 911. Place teen/adult 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 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 2 overlapped hands on the breastbone just below the nipple line. Push bone down 2 inches (5 cm) Rate: 100-120 compressions per minute Continue 30 compressions: 2 breaths cycle 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. Call 911 now if not already called. Continue CPR until medics arrive or teen/adult responds.</p>
<p>Teen/adult becomes responsive</p>	<p>→ If person 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 10 to 12 breaths/minutes or 1 breath every 5 to 6 seconds.</p>

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

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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