

**PATROL NAME:** \_\_\_\_\_ **TROOP #** \_\_\_\_\_

## NORTH VALLEY DISTRICT 2008 FIRST AID MEET

### CHOKING PROCEDURE

Scenario: During a day hike at Tenderfoot Canyon the patrol takes their lunch break. During lunch, a 15 year old Boy Scout begins choking on a piece of meat. The Boy Scout is conscious.

The patrol has a cell phone available and has reception.

The Patrol Leader must give a detailed step by step procedure of what the patrol is doing. Choking Procedures are to be demonstrated but not actually performed.

Only the patrol leader and the Scouts that go for help may speak to the judge.

**NOTE TO JUDGE:** The Boy Scout is coughing, then no air movement is made (have the patrol demonstrate 2 cycles), then the Boy Scout goes unconscious (have the patrol demonstrate 2 cycles).

ACTION TAKEN	POSSIBLE POINTS	POINTS EARNED
<b>CALLING FOR HELP</b>	<b>30 Max pts</b>	
1. The Scout calls 911	5	
2. The Scout tells what happened		
a. A 12 year old Boy Scout	5	
b. The scout is conscious	5	
3. The Scout gives location as Tenderfoot Canyon	5	
4. The Scout explains what is being done – Heimlich Maneuver is in progress	5	
5. The Scout hangs up last, when judge says OK	5	
<b>CHOKING PROCEDURE - COUGHING</b>	<b>15 Max pts</b>	
1. The patient is encouraged to continue coughing	10	
2. No other action is being taken, except the above	5	
<b>CHOKING PROCEDURE – NO AIR MOVEMENT</b>	<b>35 Max pts</b>	
1. The Boy Scout performing first aid for choking		
<b>STEP #1 (5 back blows) (OPTIONAL)</b>		
a. From behind, placed one arm across the person’s chest and had them lean forward.	5	
b. Simulated striking the victim five times with the palm of their hand without actually striking the victim.	5	

<b>STEP #2 (5 abdominal thrusts)</b>		
a. Proper hand placement – just above belly button	5	
b. Proper foot placement – one foot slightly behind the other in case patient goes unconscious	5	
c. The rescuer explains that he goes in and up quickly when performing abdominal thrusts.	5	
d. The rescuer did not actually perform the thrusts	5	
2. Repeated Step #1 and Step #2 until the obstruction cleared, medical help arrived, or victim became unconscious.	5	
<b>NOTE: American Heart Association does not recommend performing back blows—therefore if the scout does not perform back blows, give them the 10 points anyway.</b>		
<b>CHOKING PROCEDURE - UNCONSCIOUS</b>	<b>50 Max pts</b>	
1. The patient is placed on his back.	5	
2. The rescuer opens the patient's airway using the head tilt, chin lift technique	5	
3. The rescuer checks airway – look, listen, feel	5	
4. The rescuer attempts to give two breaths (They do not go in)	5	
5. The rescuer repositions the head and gives two breaths (They do not go in)	5	
6. The rescuer performs choking procedures for an unconscious person		
a. Proper hand placement – between nipple line	5	
b. Proper number of compressions - 5	5	
c. Proper depth – 1½” to 2”	5	
7. The rescuer gives two rescue breaths		
a. The rescuer opens the patient's airway using the head tilt, chin lift technique	5	
b. The rescuer gives two rescue breaths	5	
<b>RECOVERY POSITION</b>	<b>15 Max pts</b>	
1. The judge tells patrol to stop and place the patient in the recovery position.		
a. The patient is placed on his side with the bottom leg bent back for balance.	5	
b. The patrol continues to check patient	5	
c. The patient is covered with a blanket	5	
<b>TOTAL POINTS</b>	<b>145</b>	

**JUDGE'S NAME (PRINT):** \_\_\_\_\_

**JUDGE'S SIGNATURE:** \_\_\_\_\_

**JUDGE'S AFFILIATION:** \_\_\_\_\_