

FACTSHEET

This fact sheet is for education purposes only. Please consult with your doctor or other health professionals to make sure this information is right for your child. If you would like to provide feedback on this fact sheet, please visit: www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form.

Basic Life Support For Infants Less Than 12 months with a Tracheostomy

Check the area for DANGER to yourself and others

Check your baby for any RESPONSE

- Infants and children should never be shaken.
- Squeeze baby's shoulder.
- If no response...

Send for HELP

(call 000 for an ambulance- a bystander can do this for you)

Open AIRWAY

- Lie baby on their back and gently lift chin upwards to be able to see the tracheostomy.
- Check tracheostomy, remove humidifier and suction any visible material. A tube change might be necessary to remove a blockage.



Check for normal BREATHING

- Support the new tracheostomy tube.
- **LOOK** for chest movement.
- **LISTEN & FEEL** for air coming out of the tracheostomy.

the
children's
hospital at Westmead

 The Sydney children's
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RANDWICK**

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 **Kaleidoscope**
CHILDREN, YOUNG PEOPLE AND FAMILIES

IF NOT BREATHING OR ABNORMAL BREATHING ...GIVE RESCUE BREATHS

- Place your mouth or resuscitation bag over the tracheostomy tube
- Gently blow/give 2 breaths, looking for chest to rise and fall with each breath.
- If your baby starts breathing normally, turn them onto their side and remain with them until arrival of the ambulance.

IF YOUR BABY IS STILL UNRESPONSIVE AND NOT BREATHING NORMALLY START CARDIOPULMONARY RESUSCITATION (CPR)

1. View the centre of the chest; place 2 fingers on the lower half of the breastbone (sternum).
2. Start chest compressions. Push the chest down by $\frac{1}{3}^{\text{rd}}$ of the depth of your baby's chest. Give **30** chest compressions and then give **2** breaths. Continue with this, aiming to give 100 compressions per minute.



3. If your baby becomes responsive or normal breathing returns turn them onto their side, watch their breathing and stay with them until the ambulance arrives. Call for help if you haven't already done this.
4. If your baby is still unresponsive and not breathing normally after 1 minute of CPR and an ambulance has not been called, take your baby with you to the nearest telephone and continue to do CPR and call an ambulance:

- Dial 000 (any phone) or 112 (from a digital mobile phone only)... Ask for an ambulance
- Give your exact address, including cross-street & suburb
- Tell them you are doing CPR on a baby **with a tracheostomy**
- Do not hang up

5. Continue CPR until the ambulance arrives or your baby begins to breathe normally.

Remember:

- Any attempt to resuscitate is better than none