# EMS Adult Protocols

<table>
<thead>
<tr>
<th>Protocol Title</th>
<th>Obstructed Airway- Adult</th>
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<tbody>
<tr>
<td>Original Adoption Date</td>
<td>08/2000</td>
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<tr>
<td>Past Protocol Updates</td>
<td>05/2005</td>
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<tr>
<td>Date of Most Recent Update</td>
<td>December 26, 2013</td>
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<tr>
<td>Medical Director</td>
<td>Chad Torstenson M.D.</td>
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## Basic Treatment Guidelines:
1. Follow initial protocol for all patients.

## Indications
Obstructed airway in adults

## Precautions
Do not perform if patient can cough or speak

## Conscious Patient
Stand behind patient and wrap hands around waist
- A. Make a fist with one hand
  1. Place thumb side against patient's abdomen
- B. Place fist midline over naval (well below xiphoid)
- C. Grasp fist with other hand
Press into patient's abdomen with quick upward thrust
- 1. Each thrust should be distinct
- 2. Each thrust intended to expel foreign body
Repeat thrusts until:
- 3. Foreign body is expelled
- 4. Patient becomes unconscious

## Advanced Treatment Guidelines:
1. If unrelieved by basic protocol, visualize airway for supraglottic obstruction and attempt to remove obstruction.
2. If unable to remove obstruction and vocal cords are visualized, attempt intubation.
3. If unable to obtain patent airway, proceed with **Needle Cricothyrotomy**.