

## PERFORMING THE HEIMLICH MANEUVER FOR ADULT CONSCIOUS PACIENT

1. Assess airway for complete or partial blockage. If there is good air exchange and the patient is able to forcefully cough, you should not intervene or interfere with the patient's attempts to expel the foreign body. Encourage attempts to cough and breathe, as attempts to cough will provide a more forceful effort. If complete airway obstruction is apparent, the Heimlich maneuver or alternative method of subdiaphragmatic thrust should be performed immediately.



2. Activate emergency response assistance if respiratory distress or complete blockage, e.g., ask bystander to call 103 (Belarus).

3. Stand behind the patient



4. Wrap your arms around the patient's waist

5. Make a fist with one hand and grasp the fist with your other hand, placing the thumb side of the fist against the patient's abdomen. The fist should be placed midline, below the xiphoid process and lower margins of the rib cage and above the navel



6. Perform a quick upward thrust into the patient's abdomen, each thrust should be separate and distinct.

7. Repeat this process six to ten times until the patient either expels the foreign body or loses consciousness.