

# Cardiopulmonary resuscitation (CPR) for children with tracheostomy tubes

---



By knowing basic CPR, you can help your child during a heart or breathing emergency.

- If your child is usually responsive, make sure they are not responsive (tap them gently or shout).
- If unresponsive, send someone to call 911 or use speakerphone to call yourself. If your phone is not available, do 2 minutes of CPR before leaving your child to find a phone.

## **A – Check the AIRWAY**

- **Make sure the trach tube is:**
  - In the stoma.
  - Not blocked with mucus, food or other objects.

## **B<sub>1</sub> – Look, listen and feel for BREATHING**

- Put your ear close to the trach tube.
- Watch the chest move - look, listen and feel for breathing.

## **B<sub>2</sub> – Give 2 BREATHS with the resuscitator bag if your child is not getting enough air**

- If you do not have the resuscitator bag, give 2 breaths mouth-to-trach tube to make the chest rise.
- Suction the trach tube if needed.
- If you have difficulty suctioning or giving breaths, the tube may be blocked. Take it out and put in a new trach tube.

## **If your child still shows no signs of life, such as coughing, moving or breathing**

## **C – Begin CPR on a hard, flat surface**

- Keep doing CPR until help arrives and they tell you to stop or until there are signs of life.
- If your child shows signs of life, stop CPR and check breathing.
- If not breathing, give rescue breaths until breathing begins or until help arrives.

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

## Cardiopulmonary resuscitation for children with tracheostomy tubes, continued

	<b>BABY</b> <b>Birth to 1 year</b>	<b>CHILD</b> <b>1 year to puberty</b>	<b>ADULT</b> <b>Anyone past puberty</b>
<b>Chest compressions</b>	100 to 120 per minute	100 to 120 per minute	100 to 120 per minute
<b>Number of chest compressions and breaths</b>	30 compressions and 2 breaths (each cycle)  Breathe in <b>gently</b> , just enough to make the chest rise.	30 compressions and 2 breaths (each cycle)  Breathe in, just enough to make the chest rise.	30 compressions and 2 breaths (each cycle)  Breathe in, just enough to make the chest rise.
<b>Chest compression depth</b>	Push hard and fast (about 1/3 total depth of chest) – around 1 ½ inches. Allow chest to come all the way up each time.	Push hard and fast (about 1/3 total depth of chest) – around 2 inches. Allow chest to come all the way up each time.	Push hard and fast (about 1/3 total depth of chest) – at least 2 inches. Allow chest to come all the way up each time.
<b>Hands</b>	Use 2 fingers on breastbone, just below nipple line.  <b><u>OR</u></b>  Use 2 thumbs (using encircling technique) on breastbone, just below nipple line. If unable to push down about 1/3 total depth of chest, use heel of 1 hand instead.	Use heel of 1 hand on breastbone between the nipples.  For larger children, use 2 hands stacked on top of each other.  You can always use 2 hands if 1 hand seems difficult.	Use 2 hands stacked on top of each other - heel of the lower hand between the nipples.  Point fingers in the same direction.
<b>Rescue breathing (if heart is beating)</b>	1 breath every 3 to 5 seconds	1 breath every 3 to 5 seconds	1 breath every 5 to 6 seconds

**This teaching sheet contains general information only. Talk with your child’s doctor or a member of your child’s healthcare team about specific care of your child.**

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**