

SECTION #7

HOW TO DEAL WITH CHOKING AND/OR COUGHING

TIPS FOR REACTING TO CHOKING, GAGGING OR COUGHING:

- Be aware of high risk individuals with a history of choking
- Do not resume feeding the person before determining if his/her ability to swallow is safe/adequate
- Reduce bite size
- Slow down feeding
- Keep the person's chin tucked in/down
- Give only oral medications that are no larger than bites of food in the diet
- Ask the person to swallow repeatedly if needed





WHEN CHOKING OR COUGHING OCCURS



➤ ENSURE CLIENT SAFETY:

--CHOKING: FOLLOW EMERGENCY PROTOCOLS

--COUGHING: Encourage coughing to clear airway

➤ Support and Reassure the individual

➤ Position Unresponsive Person

Right side, mouth to side, upper leg forward to prevent rolling over



FOR A SINGLE COUGHING EPISODE

Wait for person to be totally clear and comfortable and then resume meal or activity; document the episode as self corrected or what interventions were required, triggers, and monitor the person closely

IF IT HAPPENS AGAIN:

- STOP
- EVALUATE
- DOCUMENT
- REPORT
- FOLLOW INSTRUCTIONS

