

LOS ANGELES UNIFIED SCHOOL DISTRICT
Office of the Chief Medical Director
District Nursing Services

**EMERGENCY TREATMENT OF CHOKING
LIFEVAC® DEVICE**

I. GENERAL GUIDELINES

A. PURPOSE

1. To remove an obstruction from the airway.
2. To provide immediate treatment of a foreign object.
3. To resuscitate a choking victim when standard protocol has been followed without success.

B. GENERAL INFORMATION

1. Choking – A partial or full blockage of an airway resulting in an inability to breathe or difficulty with breathing.
2. Choking can occur at anytime.
3. Signs and Symptoms of Choking:
 - a. One or both hands clutched to the throat.
 - b. A look of panic, shock or confusion.
 - c. Inability to talk.
 - d. Strained or noisy breathing.
 - e. Squeaky sounds when trying to breathe.
 - f. Cough, which may be either weak or forceful.
 - g. Skin, lips and nails that change color turning blue or gray.
 - h. Loss of consciousness.
4. Perform the Heimlich maneuver (or age appropriate anti-choking maneuver).
5. If age appropriate, anti-choking (Heimlich) maneuver fails after three attempts; attempt use of the LifeVac® (only for use in persons at or over 22 lbs.).
6. Contraindications include students with an endotracheal tube in place, hypersensitivity to plastic (device does NOT contain latex), and premature infants under 8 pounds.
7. **Call 911 for all individuals who are determined to be choking and for any patient with loss of consciousness.**
8. The school nurse in collaboration with the healthcare provider, the school staff, parents, and student develops an emergency care plan.

C. PERSONNEL

1. School nurse, licensed personnel (LVN, school physician)
2. Designated and trained school personnel under indirect supervision of the school nurse (CPR certification is highly recommended and preferred, but not required).

D. EQUIPMENT

1. Provided by parent:
 - a. Facemask for training purposes
 - b. Facemask for use with device
 - c. LifeVac® device
2. Provided by the school:
 - a. None

II. PROCEDURE

ESSENTIAL STEPS	KEY POINTS AND PRECAUTIONS
1. Determine whether the student has signs or symptoms of choking.	Stay with the student. Remain calm and reassure student.
2. Ask for HELP if student has signs or symptoms of choking Direct other adult to call 911 emergency services immediately.	Direct other adult to obtain LifeVac® device if student does not carry it. Notify school administrator and school nurse. School nurse or school administrator will notify the parent.
3. If able, wash hands and put on disposable gloves.	Hand sanitizer may be used, if water is not available.
4. Encourage the victim to cough. a. If obstruction has not been cleared, follow by 5 abdominal thrusts.	If obstruction has not been cleared after 3 attempts (1 attempt equals 5 abdominal thrusts), proceed to step 5.
5. Setup LifeVac® device. a. Insert mask into the unit with a firm twisting motion while applying pressure.	Make sure to check mask to ensure it is attached to the unit. The stem of the mask DOES NOT need to be completely inserted into the unit. The facemasks are for one time use and should be disposed of after use. The LifeVac® unit is reusable. Contact parent for replacement facemask.

<p>6. Utilize LifeVac®:</p> <ol style="list-style-type: none"> Place the mask over the victim's nose and mouth holding chin upwards. With one hand hold both the jaw and the mask. Holding mask in place with one hand and chin held upwards, push handle down with one hand to compress unit. Once handle is depressed, pull handle upward with a short swift tug while holding mask firmly in place. If the victim fails to ventilate after the first attempt, repeat procedure. Roll person on side and sweep the mouth to clear any debris. Also, check unit for debris. 	<p>LifeVac® can be used in any position. Use the mask that fits the size of the patient. Make sure the mask creates a seal around the nose and mouth in order to prevent air leaking around the seal and decreasing the suction.</p> <p>Repeat until blockage is removed or up to 5 times.</p> <p>If blockage is not removed or no spontaneous respiration is noted, return to current choking protocol and start CPR. (See Attachment A & B)</p>
<p>7. While waiting for Paramedics:</p> <ol style="list-style-type: none"> Stay with the student and observe for signs of choking. Monitor airway and breathing. Verify that 911 emergency services has been called. Provide CPR if needed. If trained, take vital signs. 	<p>Signs and Symptoms of Choking:</p> <ul style="list-style-type: none"> One or both hands clutched to the throat. A look of panic, shock or confusion. Inability to talk. Strained or noisy breathing. Squeaky sounds when trying to breathe. Cough, which may be either weak or forceful. Skin, lips and nails that change color turning blue or gray. Loss of consciousness.
<p>8. Document information on the student's electronic health record.</p> <p>Document on iSTAR – Incident Report Online.</p>	<p>Individual who does not have access to the electronic record must document on paper log.</p> <p>Site Administrator/School Nurse initiates iSTAR report.</p> <p>School Nurse will provide follow-up report outcome to the site administrator and review the incident report form.</p>

APPROVED: March 17, 2023

Date



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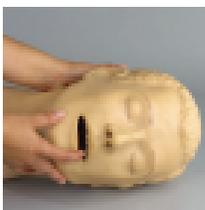


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 **LIFEVAC INSTRUCTIONS FOR USE**

FOLLOW CURRENT CHOKING PROTOCOL AND DIAL 911

	Insert mask into the unit with a firm twisting motion while applying pressure. Make sure that you check mask to ensure it's attached to the unit. The stem of the mask DOES NOT need to be completely inserted into the unit.
	Place mask over nose and mouth, holding chin upwards. MASK MUST BE HELD FIRMLY OVER NOSE AND MOUTH WITH HAND.
	Holding mask in place with one hand and chin held upwards, push handle down with other hand to compress unit.
	Once handle is depressed, pull handle upward with a short, SWIFT tug while holding mask firmly in place.
	Roll person on side and sweep the mouth to clear any debris. Also check unit for debris. Repeat steps as necessary. If LifeVac is used refer to the Information Page Literature (Indications For Use) section for additional action.

 **IF NO SPONTANEOUS RESPIRATION IS NOTED, THEN RETURN TO CURRENT CHOKING PROTOCOL AND START CPR.**

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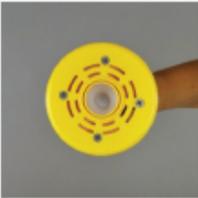
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 **LIFEVAC PRACTICE INSTRUCTIONS**

 Open the bag visually inspect contents for any defects/cracks and review all literature provided. **ONLY OPEN AND REMOVE PRACTICE MASK. DO NOT OPEN OTHER MASKS UNTIL NECESSARY.** Look at unit and become familiar with it. The rattle you hear is the custom one-way valve and is a normal sound. Familiarize yourself with the current choking protocol. *LifeVac suggests becoming certified in CPR and becoming familiar with the Heimlich maneuver and back slaps.*

 Gently insert the **PRACTICE MASK** into the unit with a twisting motion while applying pressure. Make sure that you check the mask to ensure it is securely attached to the unit. The stem of the mask **DOES NOT** need to be completely inserted into the unit.



 Use on a hard, flat surface. With your hand on the mask, hold it in place and depress the handle.

 Once handle is depressed, pull handle upward with a short, swift tug while holding mask firmly in place. You will feel the negative pressure that the LifeVac unit generates. Repeat this procedure a few times to understand how LifeVac works.

 Once familiar with the LifeVac unit, remove the mask by twisting and pulling it, while holding the unit's base. It should be hard to remove the mask. If so, you know you have secured the mask properly. Dispose of the **PRACTICE** mask. If difficulty removing the mask, type the link below into your browser to view a helpful video.
https://youtu.be/l0ngQx_wd6k

 Repack the LifeVac unit, **unopened** masks and literature back into the storage bag, making sure **no masks are attached to the unit**. Store in a safe, dry, accessible place in case of an emergency.

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REFERENCES:

American Health Association www.heart.org

[LifeVac®](http://www.lifevac.net)

<https://lifevac.net/training/>