



# Unit 2

## Paediatric Primary survey

### Learning Outcomes

#### By the end of this unit the learner will be able to:

- ✓ Perform all aspects of a paediatric primary survey upon encountering a casualty
- ✓ Offer essential immediate care and take control of the situation until help arrives
- ✓ Perform life-saving CPR on children and babies who are unresponsive

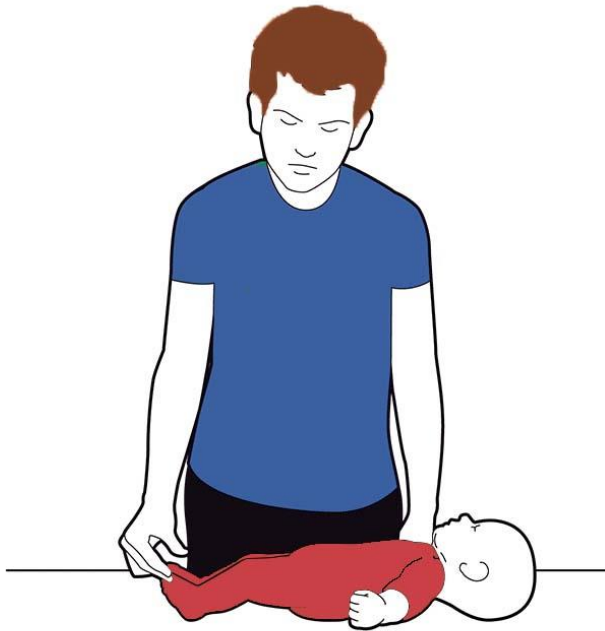
## Unit 2

### Paediatric Primary Survey and CPR

#### Primary Survey

##### What to do

1. **Danger.** Before approaching the baby, always make sure the area is safe.



2. **Response.** Check if the baby is responsive or unresponsive. As you approach them, call their name. Gently tap the bottom of the baby's foot to see if they respond. If the baby opens their eyes, or gives another gesture, they are responsive.

If they do not respond to you in any way they are unresponsive and should be treated as quickly as possible.



**3. Airway.** Next, check the baby's airway is open and clear. Open the airway by placing one hand on the baby's forehead and very gently tilt their head back. With your other hand use a fingertip to gently lift the chin.

- If the baby is unresponsive you need to move on to breathing as quickly as possible.
- If they are responsive but their airway is blocked, you need to clear the airway.



- 4. Breathing.** You now need to check if the baby is breathing normally. Place your ear above their mouth, looking down their body. Listen for sounds of breathing and see if you can feel their breath on your cheek. Watch to see if their chest moves. Do this for 10 seconds.

If the baby is unresponsive, you need to call 999/112 for emergency help straight away and start baby CPR. If the baby is responsive and breathing move on to circulation.



- 5. Circulation.** Once you have established that they are responsive and breathing, look and check for any signs of severe bleeding.

If they are bleeding severely you will need to control and treat the bleeding by applying direct pressure to the wound. Call 999/112 for emergency help.

If they are unresponsive and breathing but with no bleeding, put them in the recovery position and call 999/112 for emergency help.

Once you have completed your primary survey and have treated any life-threatening conditions you can move on to the secondary survey.

## CPR For Children

### What is CPR?

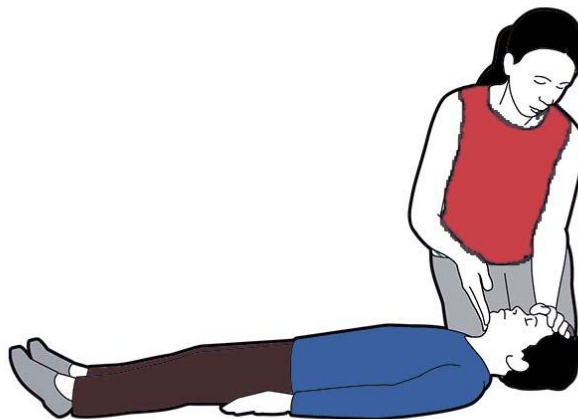
CPR stands for cardiopulmonary resuscitation. Knowing how to do CPR can give your baby the best chance of survival.

**If a child is unresponsive and not breathing normally, you still need to call 999 or 112 for emergency help and start CPR straight away.**

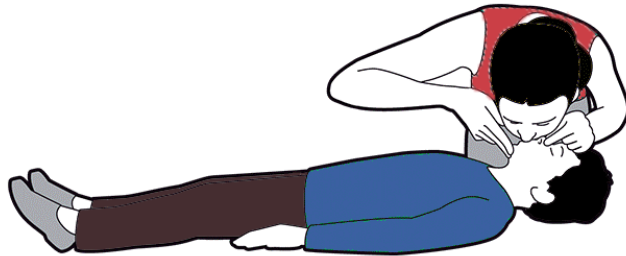
### What is Resuscitation for Children?

After you have performed a primary survey, if you find that the child is unresponsive and not breathing you should ask a helper to call 999 or 112 for emergency help while you start CPR. Ask a helper to find and bring a defibrillator if available.

- If you are on your own, you need to give one minute of CPR before calling on a speaker phone.
- Do not leave the child to make the call or to look for a defibrillator.



2. Start CPR. Place them on a firm surface and open their airway. To do this, place one hand on their forehead to tilt their head back and use two fingers from the other hand to gently lift the chin.



**3.** Give five initial rescue breaths.

Take the hand from the forehead and pinch the soft part of the nose closed, allowing the mouth to fall open.

With the head still tilted, take a breath and put your mouth around the child's, to make a seal.

Blow into their mouth gently and steadily for up to one second, until the chest rises.

Remove your mouth and watch the chest fall.

That's one rescue breath. Do this five times.



4. You will then need to give 30 chest compressions.

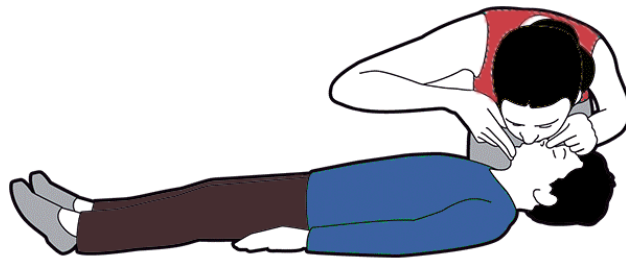
Kneel by the child and put one hand in the centre of the child's chest.

Push down a third of the depth of the chest.

Release the pressure allowing the chest to come back up.

Repeat this 30 times at a rate of 100 to 120 compressions per minute.

The beat of the song 'Nellie the Elephant' can help you keep the right rate.



5. After 30 compressions, open the airway and give two breaths.

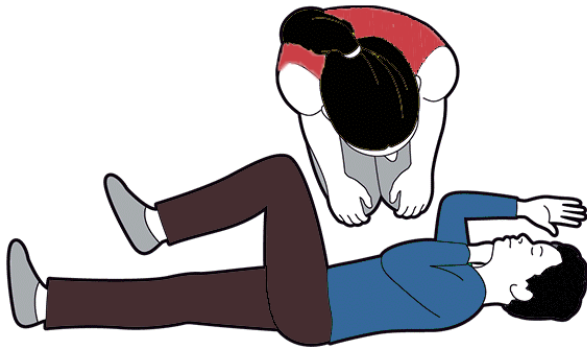
Keep alternating 30 compressions with two breaths (30:2) until:

- emergency help arrives and takes over
- the child starts showing signs of life and starts to breathe normally
- a defibrillator is ready to be used.

Doing rescue breaths may increase the risk of transmitting the COVID-19 virus, either to the rescuer or the child. This may be mitigated by placing a face shield or pocket mask over the child's mouth.

**It is vital that you perform rescue breaths as cardiac arrest in a child is likely caused by a respiratory problem.**

6. If the helper returns with a defibrillator, ask them to switch it on and follow the voice prompts while you continue with CPR.



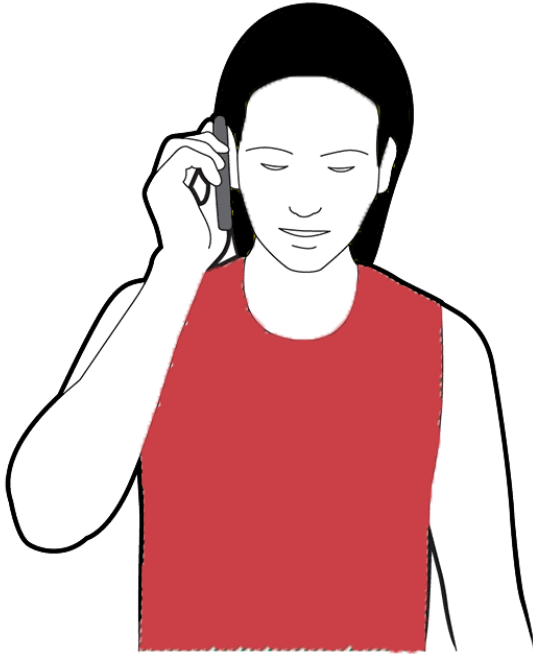
7. If the child shows signs of becoming responsive such as coughing, opening eyes, speaking, and starts to breathe normally, put them in the recovery position. Monitor their level of response and prepare to give CPR again if necessary.
  - If you have used a defibrillator, leave it attached.

## **CPR For Babies**

### **What is Resuscitation for Babies?**

There are modifications when performing CPR on an infant from birth to 1 year of age. Great care should be taken when performing CPR on a baby because, while a baby's bones are more flexible, they are also much more delicate.

What to do



1. After you have performed a primary survey, if you find that the baby is unresponsive and not breathing, you should ask a helper to call 999 or 112 for emergency help while you start CPR.

If you're on your own, you need to give one minute of CPR before calling on a speakerphone.

Do not leave the baby to make the call.



- 2. Start CPR.** Place them on a firm surface and open their airway. To do this, place one hand on their forehead and very gently tilt their head back. With your other hand, use your fingertip and gently lift the chin.



- 3. Give five initial puffs.** Take a breath and put your mouth around the baby's mouth and nose to make a seal, and blow gently and steadily for up to one second. The chest

should rise. Remove your mouth and watch the chest fall. That's one rescue breath, or puff.

Do this five times.

- If their chest doesn't rise, check the airway is open.

Doing rescue breaths may increase the risk of transmitting the COVID-19 virus, either to the rescuer or the baby. This may be mitigated by placing a face shield or pocket mask over the baby's mouth.

**It is vital that you perform rescue breaths as cardiac arrest in a baby is likely caused by a respiratory problem.**



4. You will then need to give 30 pumps. Put two fingers in the centre of the baby's chest and push down a third of the depth of the chest. Release the pressure allowing the chest to come back up.

Repeat this 30 times at a rate of 100 to 120 pumps per minute.

- The beat of the song 'Nellie the Elephant' can help you keep the right rate.



5. After 30 pumps, open the airway and give two puffs. Keep alternating 30 pumps with two puffs (30:2) until:
- emergency help arrives and takes over
  - the baby starts showing signs of life and starts to breathe normally.



6. If the baby shows signs of becoming responsive, such as, coughing, opening their eyes, making a noise, or starts to breathe normally, put them in the recovery position.

- Monitor their level of response and prepare to give CPR again if necessary.

### **When to stop CPR?**

Only ever stop CPR for three reasons:

- Emergency services arrive and tell you to stop
- The casualty revives and is breathing on their own.
- You are physically exhausted. Ask a bystander to take over or swap with a bystander every 2 minutes to preserve your energy.

The only disturbance during CPR should be if the casualty has vomit in the airway. Take a moment to put your casualty onto their side and allow the fluid to drain away.

Remember to use a face shield for hygiene.

When handing over to the Emergency Services, pass on the following information concisely and quickly:

- The current state of the casualty (are they breathing, responsive, etc?)
- Exactly when the casualty collapsed and how long CPR has been performed for.
- If any shocks have been delivered by an AED.
- Any known medical history.

### **Should you use an AED on Children and Babies?**

AEDs can be used on children over the age of one however, children under 8 require special paediatric pads. Most AEDs come with paediatric pads or have a paediatric setting to reduce the size of the shock. If paediatric pads are not available, the adult AED can be used *as a last resort*.

It is important to note that for babies under the age of 1 year old a defibrillator should NOT be used. Instead, CPR should be performed until an emergency medical team can attend to the victim.

Always check with a professional at time of emergency

If you are performing CPR and cannot go yourself, ask a bystander to retrieve an AED as quickly as possible and use it immediately. AEDs are becoming more prevalent in workplaces and the wider community.

They are computerised and are designed to guide the user with visual or vocal prompts on when to shock the casualty and how.

## The Recovery Position

### How to put a Baby in the Recovery Position

If a baby is not responding to you but breathing normally, it's safe to put them in the recovery position to keep the airway open and to prevent them from choking.



1. If the baby is not responding to you, first perform a primary survey. If this establishes that they are unresponsive but breathing, put them in the recovery position.



2. Cradle the baby in your arms, with their head tilted downwards to prevent them from choking or inhaling vomit.



3. Call 999 or 112 for emergency help and monitor their level of response until help arrives.

### How to put a Child in the Recovery Position

If a child is not responding to you but breathing normally, it's safe to put them in the recovery position.

When a child is in the recovery position their airway is kept open and any vomit would drain away without interfering with their breathing.

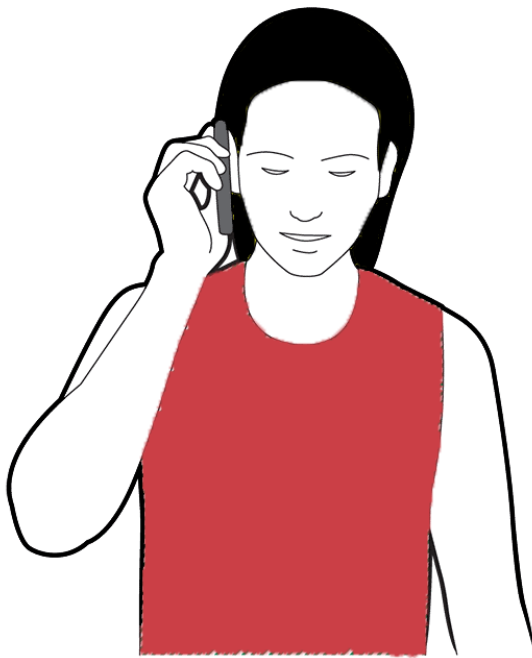
**Do not:**

- Give the child anything to eat or drink.
- Put a cushion under their head.

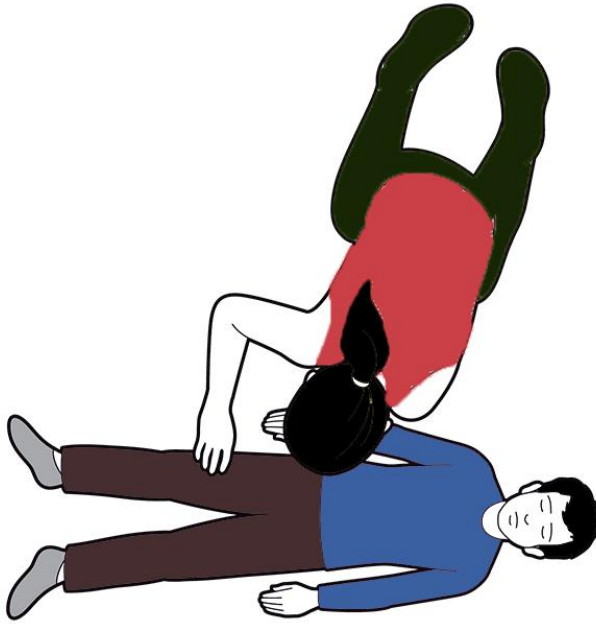
**Do:**

- Turn the child every thirty minutes for circulation purposes.
- Put a blanket on them.
- Check their levels of response.

**What to do**

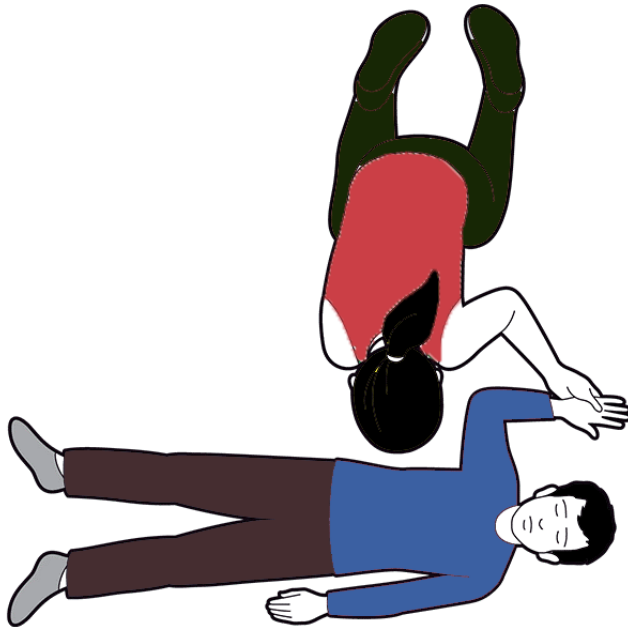


1. If you find a child collapsed, you should first perform a primary survey. If this establishes that they are unresponsive but breathing, put them in the recovery position.

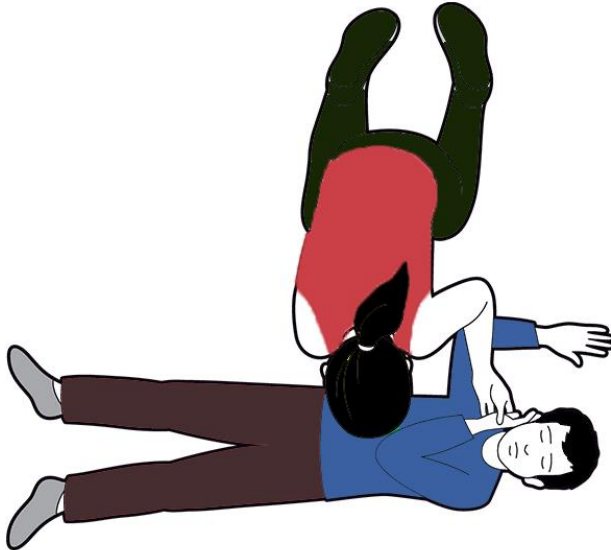


**2. Kneel by the child and straighten their legs.**

If they are wearing glasses, or have any bulky items in their pockets, remove them.  
Do not search their pockets for small items.



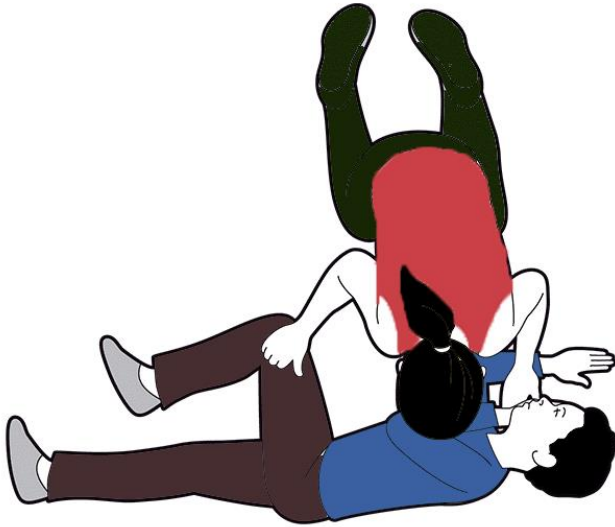
3. Place the arm that is nearest to you at a right angle to their body, with the elbow bent and their palm facing upwards.



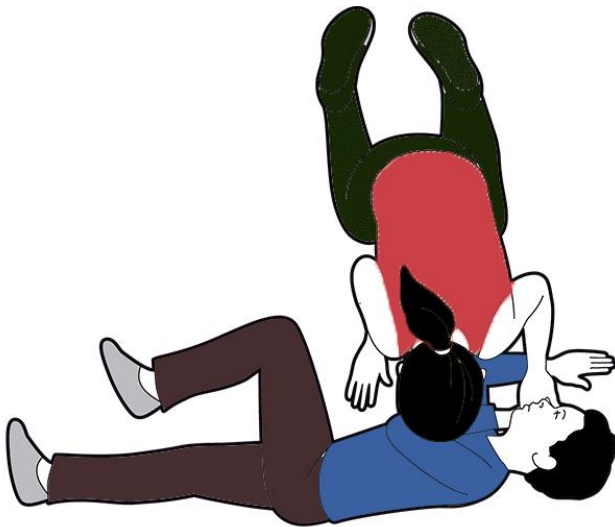
4. Bring their other arm across their chest and place the back of their hand against the cheek nearest to you, and hold it there.



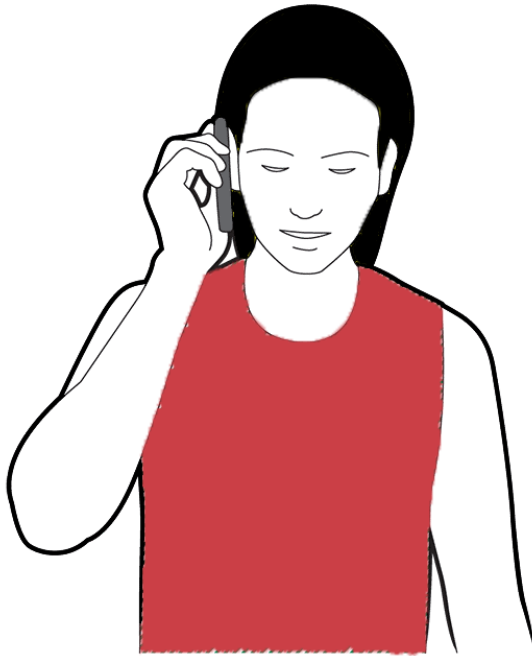
5. With your other hand, pull their far knee up so that their foot is flat on the floor.



6. Keeping the back of the child's hand pressed against their cheek, pull on the far leg to roll the child towards you on to their side. You can then adjust the top leg so that it is bent at a right angle.



7. You then need to gently tilt the child's head back and lift their chin to make sure their airway stays open. You can adjust the hand under their cheek to help keep the airway open.



8. Call 999/112 for emergency help if it hasn't already been done. Monitor their level of response while waiting for help to arrive.

If they remain in the recovery position for 30 minutes, roll them into the recovery position on the other side.

### Further Reading:

- ✓ *First Aid Fast for Babies and Children: Emergency Procedures for all Parents and Caregivers Paperback – Illustrated, June 20, 2017 by DK*
- ✓ *Heartsaver Pediatric First Aid CPR AED Paperback – Student Edition, February 1, 2017 by American Heart Association*