



# OSCE Checklist: Adult Choking

<b>Approach safely</b>		
<b>1</b>	Check the patient's surroundings are safe before approaching	
<b>Encourage to cough</b>		
<b>2</b>	Ask "can you cough?" (speak loudly and clearly)	
<b>3</b>	If effective cough (partial obstruction), encourage the patient to cough to clear obstruction	
<b>4</b>	If ineffective cough, call for help and proceed with first aid for choking	
<b>Perform back blows</b>		
<b>5</b>	Lean the patient forward	
<b>6</b>	With the heel of your hand, apply a firm blow to their back, between their shoulder blades	
<b>7</b>	Repeat this up to five times, unless the obstruction clears	
<b>8</b>	If obstruction clears, re-assess the patient. If obstruction does not clear, move on to abdominal thrusts	
<b>Give abdominal thrusts</b>		
<b>9</b>	Lean the patient forward	
<b>10</b>	Clench the fist of one hand, and place it between the umbilicus and the ribcage	
<b>11</b>	Place the other hand over your fist	
<b>12</b>	Pull sharply inwards and upwards	
<b>13</b>	Repeat this up to five times, unless the obstruction clears	
<b>14</b>	If the obstruction clears, re-assess the patient	
<b>15</b>	If the obstruction does not clear, continue alternating between five back blows and five abdominal thrusts	
<b>If the patient becomes unresponsive</b>		
<b>16</b>	If the patient becomes unresponsive, start basic life support	