CPR/Tracheostomy/Laryngectomy Patients (Stoma)

Some patients have a tracheostomy - a surgical opening in the neck. This may be a result of a laryngectomy (removal of part of the upper airway) or other problem. This opening is called a "stoma" and the person breathes through it rather than through their mouth and nose. The stoma connects the airway (trachea) to the skin of the neck. This may appear as a small 1/2 inch slit or hole in the neck or as a metal or plastic flange plate with a "breathing hole." All patients with a stoma must be ventilated through this opening, NOT through the nose and mouth. In most patients, the mouth and nose are no longer connected to the lungs (laryngectomy), but in some there is still a partial connection through which air could escape (partial laryngectomy). In such cases the mouth and nose must be blocked whenever the patient is being ventilated through the stoma, or the air blown in will go out through the mouth and nose instead of into the lungs.

1. Does anyone there know CPR? (Trained bystanders may still need instructions. Ask!)

2. Get the phone NEXT to the person, if you can.

3. Listen carefully. I'll tell you what to do.
   - Get them FLAT on their BACK on the floor.
   - BARE the CHEST and NECK.
   - KNEEL by their side.
   - TILT the head back slightly. DO NOT let it turn to the side.
   - COMPLETELY SEAL the MOUTH by covering it with your hand and PINCH the NOSE shut.
   - COMPLETELY COVER the stoma with your MOUTH and GIVE 2 BREATHS of AIR into their LUNGS.
   - THEN COME BACK TO THE PHONE!  If I'm not here, STAY ON THE LINE!

4. Listen carefully, I'll tell you what to do next.
   - Put the HEEL of your HAND on the CENTER of their CHEST, right BETWEEN the NIPPLES.
   - Put your OTHER HAND ON TOP of THAT hand.
   - PUSH DOWN FIRMLY, ONLY on the HEELS of your hands, 2 inches.
   - Do it 30 times, just like you're PUMPING their chest. Count OUTLOUD 1-2-3-4-5...30.
   - MAKE SURE the HEEL of your hand is on the CENTER of their chest, RIGHT BETWEEN the NIPPLES. Pump 30 times.
   - COMPLETELY SEAL the MOUTH and PINCH the NOSE shut.
   - COMPLETELY COVER the stoma with your MOUTH. GIVE 2 BREATHS.
   - KEEP DOING IT: PUMP the CHEST 30 times. Then GIVE 2 BREATHS.
   - KEEP DOING IT UNTIL HELP CAN TAKE OVER. I'll stay on the line.

NOTES:
- Remember to have the caller completely seal the mouth and pinch nose when performing ventilations through the stoma.
- If the caller reports that the neck opening is encrusted with mucous, instruct the caller to clean the opening with a clean cloth.