Tracheostomy Care – CPR Without Ventilator

If your child has difficulty breathing (very fast or hard breathing; very pale or blue skin; sweating; squeaky or whistling noise from tracheostomy tube):

1. Suction the tracheostomy tube at once.
2. Replace the tracheostomy tube if:
   - The tube comes out.
   - The tube is blocked with mucus.
   - Your child’s breathing does not improve with suctioning.

Perform CPR (cardiopulmonary resuscitation) if your child stops breathing:

1. Have someone call for help while you begin CPR.
2. Stimulate your child by gently moving him.
3. Put your child on his back on a firm surface (like a table or the floor).
4. Look, listen, and feel for breathing.
5. Suction the tracheostomy tube. Replace it if it is blocked.
6. Place your mouth or breathing bag over the tracheostomy tube. Give 2 breaths. Check for movement of your child's chest with the breaths.
7. If there are not signs of breathing, begin CPR:
   **For Infants (Under 1 Year of Age):**
   Press straight down 1/3 to 1/2 the depth of the chest, using two fingers on the breastbone and one finger width below the nipple line at a rate of at least 100 times per minute. Do not lift your fingers off the chest. Give 30 compressions. Then give 2 breaths.

   **For Children 1 to 8 Years of Age:**
   Press straight down 1/3 to 1/2 the depth of the chest, using the heel of one hand on the lower half of the breastbone at a rate of at least 100 times per minute. Give 30 compressions. Then give 2 breaths.

   **If you are alone and have not already called 911:**
   After 5 sets of CPR (30 compressions and 2 breaths each), go to a telephone (move your child with you, if possible) and call your emergency number (911) to get help. After calling, check your child again and start CPR if needed.

   **For Children over 8 Years of Age:**
   If you are alone, phone your emergency response number (or 911) before beginning CPR. Then begin CPR, press straight down 1/3 to 1/2 the depth of the chest, using the heel of both hands on the lower half of the breastbone at a rate of 100 times per minute. Give 30 compressions. Then give 2 breaths.
8. Continue chest compressions and breaths for 2 minutes. Check for signs of circulation.

9. If there are no signs of circulation, start CPR again (chest compressions and breaths).

**Safety Precautions:**

- Post the emergency phone number *(911)* and your home address by all telephones.
- If your child stops breathing, suction and change the tracheostomy tube as needed before starting CPR.
- Discuss emergency plans with all family members.
- **Seek medical help immediately,** even if your child improves quickly with CPR.
- If your child is taken to a hospital by ambulance, **go with him to help, if possible.**
  Take along a clean tracheostomy tube of the same size and a smaller one.

See other tracheostomy CARE CARDS for information on tracheostomy care, suctioning the tracheostomy, changing the tracheostomy ties, cleaning the tracheostomy tube, and changing the tracheostomy tube.