


Methodological recommendation for students on teaching clinical skills at the practical skills Center

(using the execution algorithm)


Specialty: 6B10101 «General medicine»
Discipline: «Emergency medical care 1, 2»
Course: 5
Department: «Emergency medical care and nursing»
Compiled by: Yunusmetov E.Sh.



ОҢТҮСТІК ҚАЗАҚСТАН MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ		 SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»	
Department of Emergency Medicine and Nursing			044-57/19 ()
Methodological recommendation for students on teaching clinical skills at the practical skills Center			P 2 of 4

Reviewed and discussed at the meeting of the department

Protocol No. 4 from "28" 11 2022 G.

Head of the Department, PhD, Associate Professor  А.А. Сейдахметова

1. Name of the clinical skill: The algorithm of the Heimlich reception.

2. Learning objectives: Strengthening the skills of providing emergency medical care in acute respiratory failure.

3. Required theoretical knowledge of the skill:

- indications and contraindications for taking Heimlich;
- causes and mechanisms of blockage of the respiratory tract by foreign bodies;
- the technique of performing the Heimlich reception, depending on the age and physique of the patient;
- complications after receiving Heimlich;
- medicines used for acute respiratory failure, and methods of their application to the patient.

Required clinical skills:

- study of methods of removing a foreign body in the respiratory tract;
- studying the technique of performing the Heimlich technique;
- study of tactics in connection with a sharp change in the clinical situation.

4. Simulator, simulator, mannequin, list of models: a simulator for practicing Heimlich's reception skills.

5. List of medical instruments and equipment: phonendoscope, medical gloves, bandages (medium), medical cotton wool, bag for used substances.

6. The execution of skill:

№	Step-by-step actions	Execution		
		Yes	No	Remark
1	If there is a moderate degree of blockage, ask the victim to cough. Do nothing more.			
2	In case of severe blockage, take measures to remove the foreign body. To do this, you need to stand on the side and slightly behind the victim.			
3	Holding the patient's chest with one hand, tilt it forward with the other so that in case of displacement of a foreign body, it gets into the victim's mouth, and does not fall lower into the respiratory tract.			
4	Apply 5 sharp blows between the shoulder blades with the base of the palm.			
5	Check after each stroke whether the obstruction has not been eliminated.			
6	If the obstruction is not eliminated after 5 blows, make 5 attempts to press on the abdomen as follows: stand behind the victim, grasp him from behind with both hands at the level of the upper half of the abdomen.			
7	Tilt the victim forward. Squeeze your hand into a fist, place it in the middle between the navel and the xiphoid process of the sternum.			

8	Grasp the fist with the other hand and sharply press on the victim's stomach in the direction inward and upward. Repeat this method up to 5 times if necessary.			
9	If it was not possible to remove the foreign body, continue attempts to remove it, alternating blows on the back with the Heimlich technique 5 times.			
10	If the victim has lost consciousness, start cardiopulmonary resuscitation in the volume of chest compressions and artificial lung ventilation.			

7. Tasks:

- Determine the patient's condition and choose the appropriate Heimlich technique.
- Conduct a Heimlich reception.

8. References:

Basic literature:

1. The state program of healthcare development of the Republic of Kazakhstan "Health" on 2021-2024 years
2. Order of the Ministry of health of the Republic of Kazakhstan dated July 3, 2017 No. 450 "on approval Of the rules for emergency medical care in the Republic of Kazakhstan".
3. Vertkin A., Sveshnikov K. Guidelines for emergency medical care. Moscow. – E. publishing house – 2017. - 560 p.
4. Emergency care in a therapeutic clinic. Under the editorship of A. V. Gordienko. - Speclit. - 2017. - 229 p.
5. Urgent outpatient and polyclinic cardiology: a brief guide / V. V. Ruksin. - 2nd ed. - Moscow: GEOTAR-Media, 2016. - 255 p
6. Emergency medical care. Clinical recommendations. Under the editorship of S. F. Bagnenko. - GEOTAR-Media. - 2018. - 896 p.

Additional literature:

1. Clinical Protocol of diagnosis and treatment "Asphyxia". Approved by the joint Commission on the quality of medical services of the Ministry of health of the Republic of Kazakhstan dated June 23, 2016. Protocol No. 5.
2. Emergency medical care. Clinical recommendations / ed. by S. F. Bagnenko, Moscow: [B. I.], 2015. -871 p.
3. Emergency care for children: Handbook: translated from German. / - M. : Medpress-inform, 2014.