

**Paid Feeding Assistant Competency Checklist
Clear an Obstructed Airway (Heimlich Maneuver)**

Employee's Name/Credentials: _____

To master this skill, the student must successfully complete all steps. Failure to perform any step results in failure of this skill. To be completed by instructor (licensed nurse) during observation of 100% unassisted performance of the procedure by the trainee.

Equipment: None

Heimlich Maneuver	Yes Able To Perform	No Needs to Improve	Comments
Conscious victim:			
Asks the resident who appears to have choked who may or may not be coughing, "Are you choking?" "Can you talk?" or look for the universal choking sign (clutching the neck). If resident can speak, does not interfere.			
If the answer is an affirmative nod, or you determine the victim cannot expel object on own and state that you will help. Calls for help and/or sends someone for the nurse.			
If the foreign object or material does not dislodge, proceeds to apply the Heimlich Maneuver.			
If the resident is seated or standing:			
Stands behind the resident and wraps arms around him or her at the level of the waist.			
Make a fist with one hand, grasping the fist with the other hand.			

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Heimlich Maneuver	Yes Able To Perform	No Needs to Improve	Comments
Puts the thumb side of one hand on the resident's abdomen (thumb should be tucked into fist). Places fist, thumb side in, against the resident's abdomen above the navel, but below the rib cage/tip of sternum.			
While bending the resident forward slightly and push into the resident's abdomen with a quick, upward thrust.			
Repeats thrust 6-10 times until object is dislodged.			
If the resident becomes unconscious, assists to the floor and the nurse will take over.			
Keeps calling for help. Licensed nurses and trained personnel must be summoned to activate CPR and to call 911.			
If resident is lying down:			
Places or ensures resident is flat on his or her back.			
While facing the resident, kneels astride the resident's hips.			
With one of your hands on top of the other, places the heel of the bottom of the hand on the resident's abdomen.			
Places the bottom hand over the navel and just below the sternum.			
Presses into the resident's abdomen with a quick upward thrust (toward sternum).			
Repeats until the foreign object or material is expelled (6 to 10 times) or until the resident becomes unconscious.			
Keeps calling for help. Licensed nurses and trained personnel must be summoned to initiate CPR and to call 911.			

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Heimlich Maneuver	Yes Able To Perform	No Needs to Improve	Comments
Chests thrusts for obese victim:			
Stands behind victim.			
Places arms around victim directly under armpits.			
Form fist and place thumb side of fist against sternum, level with armpits.			
Grasps fist in opposite hand and administer thrusts, pulling straight back, until object is removed, victim starts to cough, or becomes unconscious.			
Unconscious victim with obstructed airway:			
Places victim on back.			
Activates EMS system.			
Fingers sweep mouth to remove object.			
If unsuccessful, opens airway with head-tilt/chin-lift maneuver.			
Try to ventilate; if still obstructed, repositions head and try to ventilate again.			
If ventilation unsuccessful, gives five abdominal thrusts			
Straddles victim's thighs or kneels next to victim			
Places heel of one hand on abdomen above navel			
Places other hand in same position over first			
Keeps elbows straight and thrusts inward and upward five times			
If unsuccessful, fingers sweep mouth.			
Repeats until effective or EMS arrives			

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Score:

_____ Pass: Yes (all tasks performed satisfactorily)

_____ No (not all tasks performed satisfactorily)

Instructor Signature: _____ **Date:** _____

The above signature attests that the evaluator did not prompt, give hints, or otherwise assist the individual in the performance of the skills, when the individual was being evaluated for competency.

Employee Signature: _____ **Date:** _____