

## Skills Checklist: Abdominal Thrusts & Heimlich Maneuver

**Nursing Assistant's Name:**

**Reviewer Name:**

Procedure Steps	Performed	Performed, but needs improvement	Did not Perform
Ask the person if they are choking			
Feedback			
If the person starts to cough, wait			
Feedback			
If the person cannot speak, cough, or breathe but is conscious, apply abdominal thrusts (Heimlich maneuver) until the foreign body is expelled			
Feedback			
Stand behind the victim and wrap your arms around the waist			
Feedback			
Clench your fist, keeping the thumb straight			
Feedback			
Place your fist, thumb side in, against the victim's abdomen slightly above the navel and below the tip of the xiphoid process			
Feedback			
Grasp your clenched fist with your opposite hand			
Feedback			
Avoid pressing on the patient's ribs with your forearms			
Feedback			

Thrust forcefully with the thumb side of your fist against the midline of the victim's abdomen, slightly above his navel, <b>inward and upward</b>			
Feedback			
Keep thrusting if the object is not dislodged. If the person begins to cough forcefully, wait			
Feedback			
Activate the EMS system			
Feedback			
Continue the Heimlich maneuver until the obstruction is expelled or the victim becomes unconscious. If the victim becomes unconscious, place the victim in supine position			
Feedback			

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