

Promotional: Heimlich Maneuver

****You MUST print this for Continuing Education purposes and keep with your certificate of completion.**

Requirements:

For successful completion of this educational activity and receipt of 1.0 contact hour(s), the learner must:

1. Participate in 60 minutes of continuous learning.
2. Complete a quiz with a minimum score of 85%.
3. Complete an evaluation form.

Educational activity description:

A resident or visitor can develop an obstructed airway at any time. Staff in the long-term care setting must be able to recognize a choking emergency and be prepared to respond. Quick and appropriate response may save a life. This educational activity is designed for any staff or volunteers who have encounters with residents while they are eating.

Target audience:

The target audience for this educational activity is all healthcare professionals in the long-term care setting. This is an introductory level educational activity.

Learning outcome:

At the completion of this educational activity, the learner will be able to demonstrate knowledge about Heimlich maneuver by passing a quiz with 85% or greater accuracy.

Learning objectives:

At the completion of this educational activity, the learner will be able to:

1. State two (2) purposes of abdominal thrusts.
2. List five (5) warning signs indicating a blocked airway.
3. List four (4) steps in using abdominal thrusts.

Author:

Linda Shubert, MSN, RN

Linda has worked with geriatric patients across the continuum of eldercare as a rehab nurse, geriatric nurse case manager, Director of Nursing, consultant, instructor, and clinical professor. Most recently, she served as the Director of Education at a 180-bed long term care facility. In this role, she developed, implemented, and evaluated competency-based staff education to comply with regulatory training mandates. As a certified BLS CPR instructor through the American Heart Association, Linda has shared the proper technique for the Heimlich maneuver to countless staff members. She has witnessed the Heimlich maneuver in practice and knows the value of this skill in saving lives.

Planning committee:

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