

first aid modifications for pregnant women

There is some great information about performing first aid on pregnant women in textbooks and on the Internet, but the information tends to be found in all sorts of fragmented places. Here is a simple, one-page quick reference guide all about first aid modifications for pregnant women.

CPR

When a visibly pregnant woman is lying on her back needing CPR (because she's not breathing), wedge a pillow or jacket underneath the right side of her abdomen. This will shift baby over to the left side, which helps blood return to the heart.

Here's a quick way to remember this modification: "Mama's always right!"

Automated External Defibrillator (AED)

The best way to save baby is to save Mom. Use the AED as per standard instructions.

Choking

For a conscious victim who is fully obstructed (you no longer hear any noise coming from the victim):

1. Lean the victim forward and deliver 5 back blows between the shoulders.
2. If the obstruction is still stuck, stand the victim up and perform 5 chest compressions (instead of abdominal thrusts), pulling straight back.
3. Repeat 5 back blows and 5 chest compressions until the item dislodges.



NOTE: A quick reference guide is not a replacement for first aid and CPR training – get trained today and save a life.

