



YOUR TRUSTED PARTNER FOR HEALTH

RafflesMedical
Now Serving You in
13 Cities in Asia

<https://rafflesmedical.vn>

167A Nam Ky Khoi Nghia Str., HCMC | Tel: **(028)38240777**
51 Xuan Dieu Str., Ha Noi | Tel: **(024)36762222**
01 Le Ngoc Han Str., Vung Tau | Tel: **(0254)3858776** (English
Only)

[Singapore](#) · [Beijing](#) · [Shanghai](#) · [Hong Kong](#) · [Shenzhen](#) · [Nanjing](#) · [Tianjin](#) · [Dalian](#) ·
[Osaka](#) · [Hanoi](#) · [Ho Chi Minh City](#) · [Vung Tau](#) · [Phnom Penh](#)

RafflesMedical

DR ORLY DAFNI ATTIA

PEADITRICIANS,
EARLY CHILDHOOD DEVELOPMENTAL SPECIALIST

RAFFLES MEDICAL IN HO CHI MINH



FIRST AID



FOR CHILDREN

CHOKING

- ❖ Children, 1-5 years old often put objects in the mouth – explore the world.
- ❖ Small objects: marbles, beads, button batteries are just the right size to get stuck in child's airway and cause choking



CHOKING

Thousands of babies are choking every year due to blockage of the Trachea.

Not allowed :

- Nuts and seeds
- Popcorn
- Hard candies
- Hard not cooked vegetables- carrot
- Cylinder foods- cucumber, sausage , grape

TIPS ON HELPING CHOKING CHILD

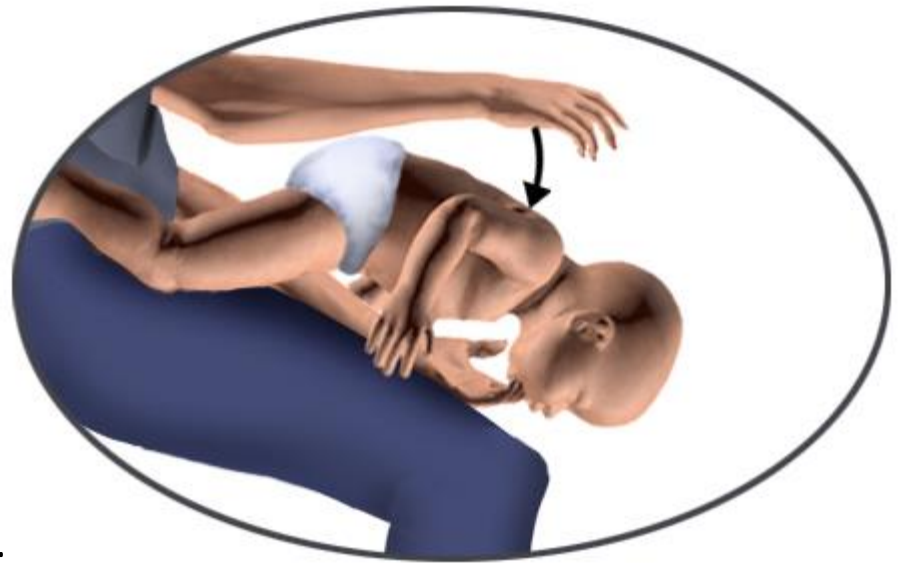
- If can see the object try to remove it .
- Don't poke blindly or repeatedly with your fingers. Can make things worse by pushing the object further in and making it harder to remove.
- If the child coughing loudly, encourage him to carry on coughing to bring up the object.
- **DON'T LEAVE THE CHILD ALONE**

TIPS ON HELPING CHOKING CHILD

- If the cough is not effective (silent or can't breathe properly) shout for help and decide if the child still conscious .
- If still conscious- use back blows

BACK BLOWS BABIES UNDER 1 YEAR

- Sit down and lay your baby face down along your thigh, supporting their head with your hand.
- Give up to 5 sharp back blows with the heel of 1 hand in the middle of the back between the shoulder blades.



Back Blows

BACK BLOWS OVER 1 YEAR

- Lay a small child face down on your lap- if isn't possible , support your child in a forward - leaning position and give 5 back blows from behind.

CHEST THRUSTS

- If back blows don't relieve the choking and the baby is still conscious give chest thrusts to a baby under 1 year or abdominal thrusts to children over 1 year.
- This will create an artificial cough, increasing pressure in the chest and helping to dislodge the object.



Chest Thrusts

CHEST THRUSTS FOR BABIES UNDER 1 YEAR

- Lay your baby face up along the length of your thighs .
- Find the breastbone (Sternum) and place 2 fingers in the middle
- Give 5 sharp chest thrusts (pushes), compressing the chest by about a third.



Chest Thrusts

CHOKING

- Coughing
- Crying
- Gasping
- Gurgling Sounds
- Pale/Blue Lips, Face

INFANTS

- Pick up w/ non dominant hand
- Child face down, along length of forearm



CHOKING

- Coughing
- Making gurgling Noises
- Crying
- Gasping

INFANTS

- Support head
- Place child & arm on knee
- Give 3-5 back slaps



CHOKING

- Coughing
- Making gurgling noises
- Crying
- Gasping



INFANTS

- If not working, turn baby over on same arm, support head
- Press down centre w/ 2 fingers
- Give 5 chest thrusts

ABDOMINAL THRUSTS FOR CHILDREN OVER 1 YEAR

- Stand or kneel behind your child. Place your arms under child's arm and around upper abdomen.
- Clench your fist and place it between the naval and ribs.



ABDOMINAL THRUSTS FOR CHILDREN OVER 1 YEAR

- Grasp this hand with your other hand and pull sharply inwards and upwards.
- Repeat up to 5 times
- Make sure you don't apply pressure to the lower ribcage, as this cause damage .



CHOKING

- Coughing
- Making gurgling noises
- Crying
- Gasping

OLDER THAN 1

- Stand/kneel behind child
- Wrap your arms around upper abdomen
- Clench fist between navel and ribs



CHOKING

- Coughing
- Making gurgling noises
- Crying
- Gasping

OLDER THAN 1

- Grasp both your hands and pull IN and UP
- Repeat up to 5x
- Avoid pressure on lower ribs



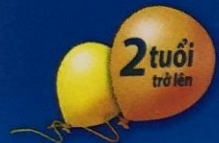
ALLERGY

- Do not leave patient
- Prescribed steroid
creams
- **Oral** antihistamine,
tablet/syrup, such as
Diphenhydramine
(Benadryl)

MILD

- itchy
 - red
 - stuffy
 - runny
 - sneezing
- watery eyes
- rash/hives
- swelling

ĐỂ XA TẮM TAY TRẺ EM



Không gây buồn ngủ
Clarityne[®]
Syrup

Mỗi 5 ml sirô Clarityne chứa 5 mg loratadine

Giảm triệu chứng dị ứng

Giảm triệu chứng dị ứng:

- Hắt hơi
- Sổ mũi, ngứa mũi
- Ngứa và chảy nước mắt
- Mề đay và các bệnh da do dị ứng

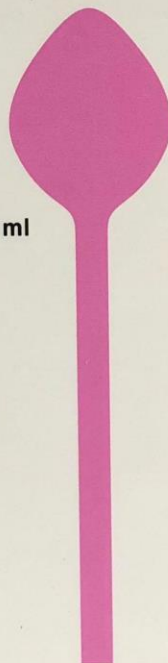
HƯƠNG ĐÀO



Sirô
60 ml

Theralene[®]

Sirô / syrup



Alimemazine 0,045 g / 90 ml


Hộp 1 chai x 90 ml

Box of 1 bottle x 90 ml

sanofi aventis

Mediphar Co. Tem/My Br.s.r.l



 Prescription drug

Topical cream
Tube 10g

FORSANCORT

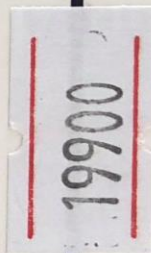
Hydrocortisone acetate 1%

COMPOSITION:
Hydrocortisone acetate ... 100 mg
Excipients...s.q.f..... 10 g
Reg.N^o: VD-16064-11

GMP-WHO

Phenergan
promethazine

kem 2% / cream 2%
10 g



 Schering-Plough

AERIUS*
0.5 mg/ml

Syrup

Desloratadine

60 ml

 gsk

Zyrtec[®]

Cetirizine dihydrochloride 0,1 %



Oral solution

60 ml

Zyrtec is a registered trademark of the
GlaxoSmithKline group of companies

Solupred[®]


20 mg

prednisolone

Voie orale

RÉSERVÉ À L'ADULTE ET À
L'ENFANT DE PLUS DE 10 KG

20 comprimés
effervescents

SANOFI 



ALLERGY

Severe

- Swollen mouth
- Trouble
- Breathing or
- Speaking
- Wheezing
- Tummy ache
- Nausea
- Vomiting,
- Diarrhea
- Dizziness,
- Fainting

Call for help

- Do not leave patient
- Lie on back & slow breaths
- Injectable epinephrine (EpiPen)
- Do not give anything by mouth

If child becomes unconscious,
lay on side

ALLERGY

Severe

- Swollen mouth
- Trouble
- Breathing or
- Speaking
- Wheezing
- Tummy ache
- Nausea,
- Vomiting,
- Diarrhea
- Dizziness,
- Fainting



ALLERGY

PREVENTION

IS

KEY

- Avoid !!!
- Keep an oral antihistamine available at all times.
- For a history of SEVERE allergies, keep the injectable epinephrine on-hand and instruct your child/caregiver on proper use of it at all times

THANK YOU

Connect with Raffles
Medical at:

www.rafflesmedical.vn



Like & follow Us on
Facebook:

www.facebook.com/rafflesmedicalVN

