



FIRST AID IN CHILDREN WHEN THE RESPIRATORY TRACT IS CLOGGED WITH YOTJISM

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Abstract: this article will talk about a very common situation in the life of young children. That is, the clogging of foreign bodies in the airways and how to remove it. Depending on the age of the children, they will be given the first ambulance and will be told about the need to choose toys that are suitable for their age.

Key word: children, parental control, toys, first aid.

According to statistics given by the World Health Organization, 75-80% of children turn a blind eye from the world due to the blockage of a foreign body in the breath tract and part of the gastrointestinal tract.



Our babies can be called travelers. The reason is the places they didn't go-there are no questions he didn't ask. They want to know what it tastes like by putting what catches their eye in their mouth. Swallowing a foreign object in the hands of a child due to the negligence of the parents in most cases ends in death. Children subconsciously swallow these foreign bodies. Usually these can be small toys, buttons, beads, stones of various types, cherries, plums, other types of fruits and their seeds, as well as coins. Bodies less than 2-3 mm in size are easily detached. But then the buttons, the coins are mostly round, and the oval-shaped bodies block the airways.

How do I find out if a foreign body has entered the child's respiratory tract?

Children when a foreign body enters the respiratory tract, conditions such as a crying child stops crying, it becomes difficult for him to breathe, he refuses to eat, suffocates, coughs, blushes. If the child coughs and breathes so that the airway is not completely blocked, he is not in danger of death. However, if the cough decreases, accompanied by wheezing, the child's face turns blue, the child loses consciousness, a foreign body completely blocks the respiratory tract.

So, how to remove a foreign body from the respiratory tract?

After the foreign body swallowed by the child enters the respiratory tract, it is necessary to make the child cough independently or sneeze artificially to expel it. These methods are the best. A foreign body can be removed if it is visible to the naked eye and can be removed with a finger. But do not try to take it if the object is not visible and it is impossible to reach it with your finger, since deeper penetration of a foreign body into the trachea will only worsen the child's condition. Children hide swallowed objects from their parents. Due to the inattention of parents, a smaller body trapped in the respiratory tract gets stuck between the bronchi and lungs, creating a favorable environment for bacteria. Bacteria cause tissue necrosis, as well as inflammation of organs and lung abscess.



Children, in case of a foreign object entering the respiratory tract, put your stomach with your back so that your hand sits on the saddle. Gently hit 4-5 times between the shovels in a harmless position and check if she is breathing. In the second position, lying palm up with the left hand behind the neck and head, press the right hand to the middle part of the chest with the index and middle fingers. The above method is repeated if the baby is not breathing. Repeat to older children, without squeezing the chest from the back with both hands, one hand in a fist position, and the other, placing the thumb between the navel and the chest, up and inside, until a foreign body comes out. If there is no heartbeat and breathing, we blow the child from sixteen to eighteen breaths into the mouth and nose, holding the chest part with one hand and the head with the other. Immediately after the foreign body leaves the respiratory tract, we call an ambulance and take it to the hospital.

Conclusion: To sum up, we must be attentive to children, always keep an eye on them. We must bend fruits and vegetables from the peel, separate them from the peel and select toys according to the age of the children. Younger children are not recommended to take with them round lego pellets with beveled edges, beards, rubber balls. In addition, thoroughly disinfecting children's toys before giving them to them, as well as cleaning and washing the fruits and vegetables they give in warm water, also prevent various respiratory diseases.

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