

AIRWAY OPENING TECHNIQUES WITH MANUAL MANEUVERS

In cases where the muscle tone in the upper respiratory tract is lost or insufficient, the tongue changes towards the rear wall of the pharynx and causes airway obstruction. In this case, it is necessary to open the airway with manual maneuvers. Before applying maneuvers, foreign bodies in the mouth (sputum, blood, dentures, broken teeth, etc.) to prevent escape to the airway, the patient should be cleaned inside the mouth.

In the manual opening of the airway, two different methods are applied: Head tilt/Chin lift Maneuver and Jaw Thrust Maneuver. These applications are used for the purpose of ensuring the opening or the persistence of the opening of the airway by hand position on the head and chin.

HEAD TILT/CHIN LIFT MANEUVER

This maneuver is used to open the airway in patients without head-neck-spine trauma or trauma suspicion. This maneuver is definitely not used in patients with suspected head, neck or spine trauma.



Process steps;

- Move to the side of the patient.
- A hand is placed on the patient's forehead; the head is pushed backwards in the backwards position so as to form an angle of 90 degrees with the ground.
- The forefinger and the middle finger of the other hand are placed in the body part of the lower chin bone, and the chin is placed in the up position. Do not apply pressure to the soft tissue of the neck with the fingers when the jawbone is in the up position.
- With this maneuver, the tongue stem is lifted up and prevented from blocking the airway.