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# Unit 11

## Manual Airway Techniques

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### GOAL

On completion of this unit, the student should be able to use simple, manual techniques for maintenance of a patent airway.

### COMPETENCIES

1. Demonstrate the following techniques of airway management:
  - a. head tilt
  - b. jaw thrust
  - c. chin lift
2. Correctly chart the above procedures.
3. Complete appropriate procedures in the clinical simulation lab.

### EQUIPMENT

1. airway management training manikin
2. lab partner
3. hospital bed

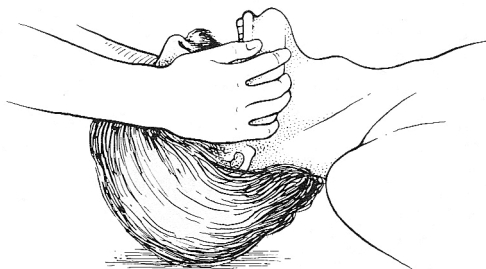
### EXERCISE A - THE HEAD TILT

1. Practice the head tilt method of airway management on an adult manikin and on your lab partner:
  - a. Position yourself to one side of the patient's shoulders or at the head of the bed (see picture below).
  - b. Place one hand under the neck of the patient.
  - d. Place your other hand on the forehead of the patient.
  - e. Lift the neck with one hand, while simultaneously using gentle downward pressure to push the forehead back with the other hand. (This technique should never be performed on a patient with trauma or suspected trauma to the vertebral column or spinal cord as this maneuver may cause permanent nerve damage.)



**EXERCISE B - THE JAW THRUST**

1. Practice the jaw thrust method of airway management on an adult manikin and on your lab partner:
  - a. Position yourself at the head of the bed.
  - b. Grasp the chin under the angles of the patient's mandible.
  - c. Lift the mandible forward by applying pressure with both hands at the mandible angles, while tilting the head backward. (This maneuver can be accomplished without tilting or moving the head and is the method of choice to relieve airway obstruction in the patient with trauma or suspected trauma to the vertebral column or spinal cord.)

**EXERCISE C - THE CHIN LIFT**

1. Practice the chin lift method of airway management on an adult manikin and on your lab partner (This method is not used if the patient is suspected of or has a spinal injury.):
  - a. Position yourself to one side of the patient's shoulders.
  - b. Place one hand on the patient's forehead.
  - c. Place the thumb of the other hand inside the patient's mouth and grasp the chin with your fingers. (The patient should be unconscious and nonresponsive in order for you to avoid being bitten.)
  - d. Lift the patient's chin upward, causing the mandible to move forward, while applying gentle downward pressure on the forehead with the other hand.

