UNIT 4  MANAGEMENT OF FOREIGN BODIES

Structure

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4.0 INTRODUCTION

In this practical unit, you will be learning about first aid to be given in case of foreign bodies in eye, ear, nose, throat, windpipe/food pipe or other parts of the body. This practical will help you to gain skills in providing first aid to victims with foreign bodies and how to deal with these situations as and when need arises. In this unit, we will discuss the practical aspects in these situations and also the required first aid steps to be taken for which the theory has already been discussed in Unit 4 of Block 3 of Theory Course of this Programme.

4.1 OBJECTIVES

After the completion of this unit, you will be able to:

• recognize various Foreign Bodies;
• assess a victim with various types of Foreign Bodies;
• demonstrate First aid in case of various types of Foreign Bodies; and
• perform First Aid in Foreign Bodies as and when required.

4.2 RECOGNIZING FOREIGN BODIES

In this section, we will discuss the procedure for identifying various Foreign Bodies.

Purposes

The purpose of this procedure is to recognize various types of Foreign Bodies.

Articles required

You will require various flashcards to identify the types of foreign bodies. You can also discuss various case scenarios for various types of foreign bodies.
Procedure

**Step 1**  To recognize Foreign Bodies in Eyes, you will note that the person complains of feeling of pressure or discomfort or irritation or sensation in the eye. The person will also have pain in eye, lot of tears coming out from eyes, redness in eye. There may be swelling and you may see foreign body in eye also (Fig. 4.1).

![Fig. 4.1 : Foreign Body in Eye](image1)

**Step 2**  To recognize Foreign Bodies in Ears, you will note that the person complains of feeling a very loud buzzing/ringing noise in the ear, uneasiness and irritation in ear. The victim also has pain and discomfort with disturbance in hearing. Itching and swelling is present (Fig. 4.2).

![Fig. 4.2: Foreign Body in ear](image2)

There is wriggling sensation in ear if foreign body is insect (Fig. 4.3).

![Fig. 4.3: Insect in Ear](image3)

**Step 3**  To recognize Foreign Bodies in Nose, you will note nasal Discharge which is clear, gray, or bloody and has bad smell. He/she may have difficulty to breath, whistling noises when breathing through their nose along with feeling of restlessness (Fig. 4.4).
Management of Foreign Bodies

Step 4 To recognize Foreign Bodies in Windpipe, you will note the person clutches hand around the throat with weakness, dizziness, anxiety, Inability to speak or make sound, Blue color of lips, face and nose, fast pulse, swelling in neck and head and decreasing consciousness (Fig. 4.5).

To recognize Foreign Bodies in Food pipe, you will note the person has all the above symptoms and may have drooling also.

Step 5 To recognize Foreign Bodies under Skin, you will note the person will have itching, redness, swelling at the area (Fig. 4.6).

Step 6 To recognize Foreign Bodies in Throat, you will note the person will have restlessness, difficulty to swallow and object may be visible in the mouth (Fig. 4.7).
Step 7  To recognize Foreign Bodies in Stomach, no particular symptoms occur.

Note:
Note that if a large object is embedded, it is the puncture/penetrated wound or impalement in the eye. The management is already discussed in Unit 2 of this Block.

Thus, in the above steps we learnt how to recognize various types of Foreign Bodies. In the next section, we will discuss how to assess various Foreign Bodies. So, let’s continue.

4.3 ASSESSING A VICTIM HAVING FOREIGN BODIES

In this section, you will learn the skills for assessment of the victim with various types of Foreign Bodies.

Purpose
The main purpose of assessing the victim is to conduct assessment and provide first aid.

Articles required
For this activity you need to have a volunteer. However, he/she should be explained that they would have to be placed in a specific position by changing the posture.

Procedure
Step 1  Ask the volunteer to act as victim. Ask him/her to lie down on their back/sit as required.

Skills: The volunteer should sit/lie down comfortably. When lying he/she should lie on back with hand on the side of his/her body and both the feet straight.

Step 2  Conduct assessment as per the flow-diagram given below.

Skills: Perform Primary assessment and monitor Foreign Bodies. Check to find out the requirement of the situation.
Step 3  Assess and Monitor the victim.

Step 4  Give first aid

**Skills:** *The specific first aid has been discussed in Sections 4.4 of this unit.*

**Step 5**  Record and Report the findings, call for ambulance and Transport the victim.

Therefore, in this section we learnt the steps of assessment of scene and the victim when the emergency has arisen and when the emergency involves foreign bodies. Now we will learn about the procedure for first aid in the upcoming sections. So, let’s proceed.

### 4.4 PROCEDURE FOR FIRST AID IN VARIOUS FOREIGN BODIES

When Foreign Body gets lodged in the part of body, one needs to recognize the sign and symptoms for immediate care. In this section, we shall be discussing the procedure for first aid in various Foreign Bodies.

**Articles required**

The required articles are:

1) An adult volunteer to act as victim
2) Case scenario e.g. cases of foreign body in eye, ear, nose, windpipe, food pipe, skin, throat and stomach.
3) First Aid Box
4) The standard articles required are dressing, triangular or roller bandages, scissors, safety pins, adhesive tape, Antiseptic lotion, cotton, disposable
hand gloves, waste bag, tourniquet/binder as required, soap and water supply, plastic bags, ring pad etc, cotton bud (swab stick), torch, mineral oil, olive oil or baby oil, tweezers.

Improvised articles can be used as discussed in Unit 6 of previous Block on “First Aid with Improvisation”.

**Steps of Procedure for First Aid in Foreign Body in Eye**

**Step 1**   Wash hands.

*Skills: This is important to prevent cross contamination.*

**Step 2**   Make the victim or volunteer to sit down comfortably on the chair.

*Skills: Make the person sit facing the light to allow enough light to fall into the eye for seeing the foreign body clearly.*

**Step 3**   Wear Gloves if available.

*Skills: The procedure for wearing gloves is discussed in Unit 9 of this Block.*

**Step 4**   Separate the eyelids with your finger and thumb to check for the foreign body in the eye.

*Skills: You can also pull the lower eye lid down to see the foreign body.*

**Step 5**   If you can see the foreign body and it is floating, the foreign body is in the lower eye lid then proceed by:

- Ask the victim to pull the eye down.
- Tell the victim to washout the foreign body by keeping the eye under running water while holding the eyelid open (Fig. 4.8).

![Fig. 4.8: Wash eye under running water](image)

- In case washing does not help, use a moist piece of clean cloth or narrow moist swab or even the corner of a handkerchief twisted to a fine point to remove the foreign body (Fig. 4.9).
Step 6   If you are unable to find the foreign body embedded or it is not visible, it is most probably in the upper eye lid. In this case, proceed as follows:

➢ Open the eye by pulling the eye lids (Fig. 4.10).

➢ Wash eyes briskly by sprinkling the water into the eyes.

➢ If still the foreign body is not dislodged, place a cotton-tipped swab on the outside of the upper lid and fold the lid over the cotton swab. Ask victim to look downward (Fig. 4.11).

➢ Check where the foreign body is on the upper eye lid.
Now, remove the foreign body by using another swab or handkerchief (Fig. 4.12).

**Step 7** If there are chemical splashes in eye, the procedure has been discussed in the previous Unit of this Block in chemical burns.

**Step 8** Perform Secondary Assessment and Refer to hospital as required.

**Steps of Procedure for First Aid in Foreign Body in Ear**

**Step 1** Wash hands.

*Skills:* This is important to prevent cross contamination.

**Step 2** Make the victim or volunteer to sit down comfortably on the chair.

*Skills:* Make the person sit in a way that his/her affected ear faces you when you are seeing the foreign body in the ear (Fig. 4.13).

![Fig. 4.13: Position the victim and look into the ear](image)

**Step 3** Wear Gloves if available.

*Skills:* The procedure for wearing gloves is discussed in Unit 9 of this Block.

**Step 4** Ask the person to tilt the head to the affected side and down to try to dislodge the object by action of gravity (Fig. 4.14).

![Fig. 4.14: Tilting of head to dislodge the foreign body](image)
**Skills:** If you are unsuccessful in dislodging the foreign body, don’t attempt to remove by using tweezers or anything else by yourself as you may push the object inside the ear. Rush to hospital in this case.

**Step 5** If there is insect in the ear:
- Keep the head tilted and affected ear on the upper side.
- Keep a towel or a plastic sheet underneath the ear to cover the body.
- Warm mineral oil, olive oil or baby oil or use glycerine.
- Now pour 3-5 drops of oil into the ear (Fig. 4.15).

**Skills:** The insect will drown or suffocate in the oil and float to the surface of the ear. You should only use oil if you are attempting to remove an insect. If there has been pain, bleeding, or any discharges from the ear, it is possible that there is a bigger problem. It is dangerous to use oil in such instances; do not use oil if you have any of these symptoms. If you don’t have access to one of the oils listed above, you can attempt to use clean water only.

**Step 6** Perform Secondary Assessment and Refer to hospital immediately.

**Skills:** If you are unsuccessful in finding/locating or dislodging the foreign body, rush to hospital immediately.

### Steps of Procedure for First Aid in Foreign Body in Nose

**Step 1** Wash hands.

**Skills:** This is important to prevent cross contamination.

**Step 2** Make the victim or volunteer to sit down comfortably on the chair.

**Step 3** Observe the nose and discover the object’s position.

**Skills:** Don’t attempt to remove the foreign body yourself and the attempt can be unsuccessful causing foreign body to enter deep into the nose creating more problem.

**Step 4** Tell him to breathe out forcefully (Fig. 4.16).
Skills: This helps to blow out the foreign body. You can ask the person to breathe through the mouth.

Fig. 4.16: Blow the foreign body out of the nose

Step 5 If unsuccessful, transport to hospital immediately.

Skills: Guide to maintain airway during this time by asking the victim to breathe from the mouth.

Steps of Procedure for First Aid in Foreign Body in Windpipe /Foodpipe

Step 1 Wash hands.

Skills: This is important to prevent cross contamination.

Step 2 Make the victim or volunteer to sit down comfortably on the chair.

Skills: Make the person calm and reassure him. Change positions as per the procedure.

Step 3 Notice the condition of the person. If it is an adult see if he or she is coughing or choking.

Skills: If a person is coughing forcefully, encourage him or her to continue coughing and do not interfere so that the foreign body gets dislodged. If the person is not able to speak or breathe properly or stops coughing, it points towards the fact that he is choking on the swallowed object which must have blocked the throat and he needs to be dealt separately.

Step 4 In case of Choking proceed as follows:

1) For a sitting or standing victim:
   - Stand behind the victim.
   - Support the victim with one hand and give 5 back blows with the other hand.

Skills: Deliver back blows between the person’s shoulders at the back with the heel of the other hand.

- After this, wrap your arms around the waist of the victim.
- Make a fist of your non-dominant hand and hold it in the dominant hand.
Skills: For a better grip.

- Use the thumb of your non-dominant fisted hand against the abdomen slightly above the navel and below the rib cage.

Skills: This is done to apply a strong push at this point.

- Press at this point with this fisted hand in quick upward thrusts for 5 times.
- Alternate these two moves i.e. 5 back blows and 5 abdominal thrusts.
- Repeat many times until the foreign body is removed (Fig. 4.17).

Skills: Alternate 5 back blows and 5 abdominal thrusts until the foreign body is dislodged. If giving only abdominal thrusts use the above steps applicable only to abdominal thrust.

2) For a lying victim

- Kneel by the side of the victim. You can also kneel on the top of victim’s legs.
- Keep heel of one hand on the point over abdomen between navel and ribs (as also discussed above). Keep the other hand over it.
- Press the victim’s abdomen making a strong, upward push (Fig. 4.18).

Skills: Push must be given inward and upward.

Fig. 4.17 a: Five Back Blows  b: Five Abdominal Thrusts

- If you are alone, perform back blows and abdominal thrusts alternately. If a helper is available, ask him/her to call for help.

Fig. 4.18: Push to relieve foreign body in food or wind pipe in lying victim
Repeat several times.

If you feel that the victim can vomit, turn him to side to avoid blocking of the airway. (Recovery position is already discussed in Unit 7 of previous practical block).

3) For infants

- Put him/her with face down along your forearm, with his head low and support him in this position.
- Give 5 back blows between the shoulder blades with the heel of your hand (Fig. 4.19).

**Skills:** Also check the mouth for removing the foreign body with your finger tips. Remove if you see the object. Don’t sweep but remove the object actively.

If this does not work, turn the infant up, keep him on his back now on your forearm, just opposite of the position in which you were holding him/her earlier so that face and body is towards you (Fig. 4.20).

- Using two fingers, push inwards against the middle of infant’s breastbone, at a point one finger below the nipple line. Perform five chest thrusts (Fig. 4.20).

Fig. 4.19: Five Back Blows

Fig. 4.20: Holding the baby and pushing inwards with two fingers
Check the mouth and remove the object if seen with finger sweep (Fig. 4.21). Proper method of sweeping has been discussed later in this Unit.

If the foreign body is not cleared repeat all above steps.

Step 5  Refer to hospital or transport immediately if the foreign body is not dislodged.

Skills: Perform Secondary Assessment, record and report. Be prepared to resuscitate if required.

Steps of Procedure for First Aid in Foreign Body under Skin

Step 1  Wash hands.

Skills: This is important to prevent cross contamination.

Step 2  Make the victim or volunteer to sit down comfortably on the chair.

Skills: Make the person calm and reassure him. Change positions as per the procedure.

Step 3  Notice the condition of the person.

Step 4  Grasp a splinter or glass or pin which is projecting out with tweezers and remove it (Fig. 4.22).

Step 5  If a large object, like a gun shot or big object is embedded, don’t try to remove it, but rather stabilize with ring pad and bandage around (Fig. 4.23).
Skills: This is already discussed in Unit 11 of Block 1 of this Practical Course. Ring pad and bandaging has been discussed in Unit 3 of Block 1 of this Practical Course.

Step 6 Refer to hospital or transport immediately.

Skills: Perform Secondary Assessment, record and report.

Steps of Procedure for First Aid in Foreign Body in Throat

Step 1 Wash hands.

Skills: This is important to prevent cross contamination.

Step 2 Make the victim or volunteer to sit down comfortably on the chair.

Skills: Make the person calm and reassure him. Change positions as per the procedure.

Step 3 Notice the condition of the person.

Skills: Check for CAB, choking.

Step 4 If the object can be seen in the throat

1) Victim is conscious
   ➢ Tell victim to cough and try to dislodge the object out of the mouth.

2) Victim is unconscious
   ➢ Call the ambulance immediately.
   ➢ For adults, Use a finger sweep if you can see the object (Fig. 4.24).

Skills

When doing finger sweep proceed as follows:

- Position the victim’s head with his face towards you.
- Open the mouth. (If you can’t open the mouth leave it like that and transfer immediately to the hospital). You can enter the mouth and grasp the victim’s tongue and lower jaw between your thumb and finger and lifting the tongue and jaw to open the mouth of the victim. This is known as jaw-lift.
• Insert the index finger of your free hand along the inside of the cheek down to the base of his tongue at the lower part of mouth.

• Move your finger from the side of throat towards the center behind the foreign body. You may need to push the object to the side of the throat and trap it.

• Lift the object with your “hooking” finger and remove the object from the casualty’s throat and mouth.

Note:

• If the casualty is wearing dentures, remove the dentures if they interfere with sweeping the mouth.

• Avoid blind sweep when you can’t see the object.

• If there is a chance that the object can enter deep into the food or wind pipe due to sweeping, avoid doing this procedure and get to the hospital immediately.

Fig. 4.24: Steps of Finger sweep
➢ For children, hold their head down and tap on the back of neck and the foreign body will fall out (Fig. 4.25).

Fig. 4.25: Back Blows to neck

Step 5  If the object can’t be seen or it is a case of fish bones or thorn these may get lodged by piercing some part of the throat. In these cases, keep the victim calm.

Step 6  Refer to hospital or transport immediately.

Skills: Perform Secondary Assessment, record and report.

Steps of Procedure for First Aid in Foreign Body in Stomach

Step 1  Wash hands.

Skills: This is important to prevent cross contamination.

Step 2  Make the victim or volunteer to sit down comfortably on the chair.

Skills: Make the person calm and reassure him. Change positions as per the procedure.

Step 3  Notice the condition of the person

Skills: Make the person calm and reassure him. Change positions as per the procedure.

Step 4  If the foreign body has been swallowed into the stomach and is not sharp:

➢ Make the victim eat cooked potato, banana, soft rice or soft bread which will help the object to pass down and out of the body by stools.
➢ Examine stools the next day.
➢ If still uncomfortable, the victim should be immediately taken to hospital.

Step 5  If sharp object has been swallowed, rush to doctor immediately.

Step 6  If penetrating wound due to gun shot or large object occurs, don’t try to remove it, but rather use dressing or ring pad on the area and stabilize with bandage. Seek urgent medical help.
Step 7  Transport to hospital immediately.

**Skills:** Perform Secondary Assessment, record and report.

Check Your Progress 1

1) List the steps for foreign body removal in upper lid of eye.

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2) Explain the steps for foreign body removal from throat.

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4.5 LET US SUM UP

Hence, In this practical unit you have learnt about the first aid management of foreign bodies in eye, ear, nose, food pipe, wind pipe, throat and other parts of body. You also learnt about the steps to be taken when providing first aid in case the foreign bodies are lodged into, swallowed or embedded in various parts of body. Hope you will use this practical for skillfully providing first aid in such situations. In the next unit, we will discuss the first aid in fit, fainting and stroke.

4.6 KEYWORDS

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
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<tbody>
<tr>
<td>Eye lids</td>
<td>Thin folds of skin which cover and protect eye on upper and lower side</td>
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<tr>
<td>Embedded</td>
<td>Gone into the body or fixed into the body</td>
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<tr>
<td>Moist Swab</td>
<td>A cotton piece or cloth which is clean and slightly wet</td>
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<tr>
<td>Tweezers</td>
<td>Tool to pick up objects that are small and can’t be picked up by hands</td>
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<tr>
<td>Briskly</td>
<td>With certain force</td>
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Gravity: The force with which the earth pulls all the objects towards itself
Choking: It occurs when a person is unable to breathe or speak due to a complete obstruction in the throat or windpipe
Drooling: Dropping of saliva from mouth
Heimlich maneuver: First aid procedure for treating in foreign objects of throat and windpipe or when a person is choking by use of abdominal thrusts
Lukewarm: Slightly warm

4.7 ANSWERS TO CHECK YOUR PROGRESS

Check Your Progress 1

1) Step 1 Wash hands.
   Step 2 Make the victim or volunteer to sit down comfortably on the chair.
   Step 3 Wear Gloves if available.
   Step 4 Separate the eyelids with your finger and thumb to check for the foreign body in the eye.
   Step 5 Open the eye by pulling the eye lids.
   Step 6 Wash eyes briskly by sprinkling the water into the eyes.
   Step 7 If still the foreign body is not dislodged, place a cotton-tipped swab on the outside of the upper lid and fold the lid over the cotton swab. Ask victim to look downward.
   Step 8 Now, remove the foreign body by using another swab or handkerchief.
   Step 9 Perform Secondary Assessment and Refer to hospital as required.

2) When doing finger sweep proceed as follows:
   - Position the victim’s head with his face towards you.
   - Open the mouth. (If you can’t open the mouth leave it like that and transfer immediately to the hospital). You can enter the mouth and grasp the victim’s tongue and lower jaw between your thumb and finger and lifting the tongue and jaw to open the mouth of the victim. This is known as jaw-lift.
   - Insert the index finger of your free hand along the inside of the cheek down to the base of his tongue at the lower part of mouth.
   - Move your finger from the side of throat towards the center behind the foreign body. You may need to push the object to the side of the throat and trap it.
   - Lift the object with your “hooking” finger and remove the object from the casualty’s throat and mouth.
4.8 ACTIVITIES

Activity 1
Enact a scenario where you and your friend are on a picnic holiday. Your friend suddenly starts choking on the food he was having and coughing immensely. How will you handle the situation? Practice the first aid you will give him. Record it in your Log-Book.

(Supervised Activity)

Activity 2
Consider a situation where you and your sister/brother are returning from a party. You are walking on the side walk when suddenly a flying insect goes into your sister’s/brother’s eye. He/she complains of eye pain and feels that an insect has fallen into the eye. Practice how will you remove this insect from the eye in your study group/home. Record it in your Log-Book.

(Self Activity)

Activity 3
Consider a situation where you arrive at a place where an accident has occurred between a car and an autorikshaw. The driver of the car is fine. But the autorikshaw is damaged and the driver has a large glass splinter lodged into his stomach. The autorikshaw driver is not conscious and there is no bleeding too. What do you do as a first aid provider? Practice this with your friends. Record it in your Log-Book.

(Self Activity)

4.9 REFERENCES

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