

## ***USING THE SYMPTOM FILE***

The symptom file allows users to describe their symptoms in response to a series of diagnostic questions and offers, at the conclusion, a possible diagnosis based on the responses. When the program is first started, all possible symptoms are displayed in the menu. A symptom can be chosen directly from the menu by double-clicking on that symptom. The symptom file menu that appears allows a "quick search" based on the first three letters typed when the menu has the input focus.

### ***Controlling The Symptom File Menu***

The list of symptoms displayed in the menu can be controlled by using the figure windows, the ALL SYMPTOMS and GENERAL SYMPTOMS buttons, and the MALE/FEMALE buttons.

Clicking the ALL SYMPTOMS button displays all possible symptoms in the menu.

Clicking the GENERAL SYMPTOMS button displays all symptoms that are not confined to a specific area of the body (for example, weight loss).

The symptoms that relate to a specific part of the body (for example, the head) can be displayed by clicking on the appropriate region in any of the three figure windows.

Clicking the MALE/FEMALE buttons eliminates all symptoms that pertain to the opposite sex. This elimination of entries does not apply if ALL SYMPTOMS or all GENERAL SYMPTOMS are being displayed in the menu.

### ***Starting A Symptom Diagnosis***

Use the three figure windows to locate the general area of your problem. This will display all related problems in the menu. To start a diagnosis, click on the symptom in the menu, and then click the DIAGNOSE button. Alternatively, double-click on the symptom in the menu. An interactive dialog is then started that will lead to a possible diagnosis based on the symptoms you identify.

### ***Other Screen Controls***

Clicking the BACK button returns you to the previously-viewed screen. This allows you to retrace your path through the file. If there is no previous screen, the BACK button is disabled.

Clicking the SCAN button allows you to rapidly search the all of the medical database file menus (for example, the Symptom File is one file in the medical database) for a particular topic. For example, if you are interested in heart problems, type in the word HEART. The scan feature will find all entries that pertain to the heart. If there is no match for the topic you enter, try to enter just part of the word. Check the GLOSSARY for any items you cannot locate with the scan feature.

Clicking the GLOSSARY button accesses all the glossary words. Most of the terms included in the glossary are medical terms.

Clicking the IMAGELIB button accesses all the pictures and illustrations available in the Home Medical Advisor Pro.

Clicking the VIDEOLIB button accesses all the videos available in the Home Medical Advisor Pro.

Clicking the RECORDS button transfers you to the Your Medical Records program. This program allows you to record aspects of your medical history and to print that history. If Your Medical Records is not running, the program is launched by the Home Medical Advisor Pro. Please remember, the Home

Medical Advisor Pro and Your Medical Records are separate programs. Once both programs are running, you must shut both programs down yourself. Shutting down the Home Medical Advisor Pro does not shut down Your Medical Records.

Clicking the INTERACT button transfers you to the drug interaction file in Your Medical Records. When you finish using the drug interaction feature, you are automatically returned to the Home Medical Advisor Pro. The Your Medical Records program is left running. It must be shutdown separately from the Home Medical Advisor Pro.

Clicking the OPTIONS button allows you to customize the screens by choosing your fonts and palettes. You also can control whether or not the "graphic" images in the program will be displayed in the image library and on the question screens.

Clicking the ABOUT button lists the program credits.

Clicking the QUIT button allows you to quit out of Home Medical Advisor Pro.

## ***USING THE DIAGNOSTIC SCREENS***

The Diagnostic Screens lead you through a series of questions related to your symptoms. Your responses will eventually lead to a possible diagnosis.

### ***The Differential Diagnosis Screen***

The first screen you see after clicking the DIAGNOSE button is a split dialog screen, known as the Differential Diagnosis Screen. The top half of the screen contains a general description of the symptom you chose. The bottom half of the screen contains a list of related diagnoses. If you already know what the problem is, you can click on the hot key with that diagnosis and read about that problem.

Clicking the DIAGNOSE SYMPTOMS (NEXT) button takes you to the first of the Question Screens.

Clicking the BACK button returns you to the previously-viewed screen. This allows you to retrace your path through the file. If there is no previous screen, the BACK button is disabled.

Clicking the GLOSSARY button accesses all the glossary words. Most of the terms included in the glossary are medical terms.

Clicking the OPTIONS button allows you to customize the screens by choosing your fonts and palettes. You also can control whether or not the "graphic" images in the program will be displayed in the image library and on the question screens.

Clicking the QUIT button allows you to quit out of Home Medical Advisor Pro.

### ***The Question Screen***

To make a possible diagnosis, the Home Medical Advisor Pro asks you a series of questions about yourself and any detailed symptoms you may have that relate to your problem. The questions presented should be answered as truthfully as possible. To answer a given question, click on either the YES button or the NO button. Based on the answer, one of three actions can result:

- 1) A possible diagnosis is reached. In this case, the Final Diagnosis Screen is displayed.
- 2) More information is required. In this case, another question is displayed.
- 3) The current information indicates that another general symptom is required to make a possible diagnosis. In this case, the Transfer Screen is displayed.

In addition to the question being asked, an image is displayed on the Question Screen. Frequently, this image is used as an example of a symptom, or to provide background information as to why a question is being asked. The censor function (see the Options Screen) applies to many of the images displayed on the Question Screen. To see all images in the symptom file (no censorship), the censor function must be set to Always Show Graphic Images. Otherwise, those images considered "graphic" by the Home Medical Advisor Pro are not displayed, and an alternate (possibly noninformative) image is substituted. The issue of "graphic" images only applies to the 256-color images. None of the 16-color images used by the Home Medical Advisor Pro are "graphic".

Clicking the BACK button returns you to the previously-viewed screen. This allows you to retrace your path through the file. If there is no previous screen, the BACK button is disabled.

Clicking the MAIN button returns you to the main menu of the Symptom File.

Clicking the IMAGE INFO button allows you to read the background information on the displayed image. This button is disabled if there is no extra information available.

Clicking the OPTIONS button allows you to customize the screens by choosing your fonts and palettes. You also can control whether or not the "graphic" images in the program will be displayed in the image library and on the question screens.

Clicking the QUIT button allows you to quit out of Home Medical Advisor Pro.

### ***The Transfer Screen***

The Transfer Screen appears whenever your answer to a question indicates that the problem is in a different general symptom. The purpose of the screen is to provide a transition from the current set of question being asked to the new set of questions which will be asked.

Clicking the NEXT button takes you to the first question in the new general symptom.

Clicking the BACK button returns you to the previously-viewed screen. This allows you to retrace your path through the file. If there is no previous screen, the BACK button is disabled.

Clicking the MAIN button returns you to the main menu of the Symptom File.

Clicking the GLOSSARY button accesses all the glossary words. Most of the terms included in the glossary are medical terms.

Clicking the OPTIONS button allows you to customize the screens by choosing your fonts and palettes. You also can control whether or not the "graphic" images in the program will be displayed in the image library and on the question screens.

Clicking the QUIT button allows you to quit out of Home Medical Advisor Pro.

### ***The Final Diagnosis Screen***

The Final Diagnosis Screen is used to display a diagnosis given the answers to the questions just asked. A description of the potential problem is provided and a recommendation is usually made. Additionally, there is almost always a set of hot keys on the screen used to quickly access other topics in the database that relate to the diagnosis or provide more information on the condition described by the diagnosis.

Clicking the PRINT button allows you to print your diagnosis.

Clicking the BACK button returns you to the previously-viewed screen. This allows you to retrace your path through the file. If there is no previous screen, the BACK button is disabled.

Clicking the MAIN button returns you to the main menu of the Symptom File.

Clicking the GLOSSARY button accesses all the glossary words. Most of the terms included in the glossary are medical terms.

Clicking the OPTIONS button allows you to customize the screens by choosing your fonts and palettes. You also can control whether or not the "graphic" images in the program will be displayed in the image library and on the question screens.

Clicking the QUIT button allows you to quit out of Home Medical Advisor Pro.

## ***USING THE OTHER DATABASE FILES***

In addition to the Symptom File, the Home Medical Advisor Pro provides access to six other areas of information: diseases, injuries, poisons, tests, drugs and health & diet. To access these files, click on the desired file's button. The menu of topics available for the selected file is displayed, and the current topic selected for view on that menu has its information displayed as well. To view another topic in the file, double-click on the menu entry for the topic. The selected file's menu that appears allows a "quick search" based on the first three letters typed when the menu has the input focus.

### **The Disease File**

The Disease File contains information about more than 500 diseases. Pictures illustrating these diseases are may be accessed and information from the files may be printed.

### **The Injury File**

The Injury File contains information about more than 150 different types of injuries. Injuries may be referenced by body part (for example, head injuries) or by directly entering the specific type of injury you wish to locate. A "general" injury section is included that pertains to most major body parts. This is a useful starting point if you are not sure which specific injury you wish to reference.

### **The Poison File**

The Poison File contains information about most of the most commonly encountered poisons. Each entry covers first aid, relative toxicity, toxic effects and recommendations.

### **The Test File**

The Test File contains information about many of the most common and effective diagnostic medical tests in use today. Each listing explains the test and the various conditions that can be detected using that test.

### **The Drug (Rx) File**

The Drug File contains information about 2,400 of the most common generic and trade name medications. Each entry contains the various names for each medications, conditions that would indicate its use, side effects of the drug, and interactions and precautions concerning its use.

### **The Health & Diet File**

The Health & Diet File focuses on self-care topics and health factors you can easily change to better your health. Information is given on nutrition and health risk factors.

## ***Controlling The Topic File Menu***

To view the information on a topic of choice (for example, ACNE in the DISEASE FILE), click on the topic name in the menu, then click on the VIEW button. Alternatively, simply double-click on the menu name. When the topic is viewed, the information on the topic (the name and the text description) is displayed in the two text windows on the screen.

## ***Other Screen Controls***

Clicking the BACK button returns you to the previously-viewed screen. This allows you to retrace your

path through the file. If there is no previous screen, the BACK button is disabled.

Clicking the PRINT button allows you to print the topic currently being viewed.

Clicking the SCAN button allows you to rapidly search the all of the medical database file menus (for example, the Symptom File is one file in the medical database) for a particular topic. For example, if you are interested in heart problems, type in the word HEART. The scan feature will find all entries that pertain to the heart. If there is no match for the topic you enter, try to enter just part of the word. Check the GLOSSARY for any items you cannot locate with the scan feature.

When the topic being viewed has a set of images directly related to the topic available, the IMAGES button is displayed. Clicking the IMAGES button displays the Image Screen, with the first image in the set shown. If the topic has no directly related images, the IMAGELIB button is displayed instead. Clicking the IMAGELIB button accesses all the pictures and illustrations available in the Home Medical Advisor Pro.

When the topic being viewed has a set of videos directly related to the topic available, the VIDEOS button is displayed. Clicking the VIDEOS button displays the Video Screen, with the first video in the set shown. If the topic has no directly related videos, the VIDEOLIB button is displayed instead. Clicking the VIDEOLIB button accesses all the videos available in the Home Medical Advisor Pro.

Clicking the GLOSSARY button accesses all the glossary words. Most of the terms included in the glossary are medical terms.

Clicking the RECORDS button transfers you to the Your Medical Records program. This program allows you to record aspects of your medical history and to print that history. If Your Medical Records is not running, the program is launched by the Home Medical Advisor Pro. Please remember, the Home Medical Advisor Pro and Your Medical Records are separate programs. Once both programs are running, you must shut both programs down yourself. Shutting down the Home Medical Advisor Pro does not shut down Your Medical Records.

Clicking the INTERACT button transfers you to the drug interaction file in Your Medical Records. When you finish using the drug interaction feature, you are automatically returned to the Home Medical Advisor Pro. The Your Medical Records program is left running. It must be shutdown separately from the Home Medical Advisor Pro.

Clicking the OPTIONS button allows you to customize the screens by choosing your fonts and palettes. You also can control whether or not the "graphic" images in the program will be displayed in the image library and on the question screens.

Clicking the QUIT button allows you to quit out of Home Medical Advisor Pro.

## **VIEWING IMAGES**

### ***Using The Image Library***

The Image Library is an alphabetical listing of all the still images available in the Home Medical Advisor Pro. Some of these pictures may be considered "graphic" in nature, as they are actual pictures of injuries and diseases. If you do not wish to have these images available for viewing, use the Options Screen to set the censor function to the desired behavior.

To view an image, click on the image name in the menu, then click on the VIEW IMAGE button. Alternatively, simply double-click on the menu name. When an image is viewed, the Image Library Screen goes away and the Image Screen is displayed, with the selected image and supporting text displayed. The image library menu that appears allows a "quick search" based on the first three letters typed when the menu has the input focus.

Clicking the ALL IMAGES button shows the list of all available images. If the "graphic" images are turned off, they will not be listed. This button is particularly useful after viewing images in a specialized area, such as clinical pictures. After viewing the specialized images, this will return you to the complete list.

Clicking the ANATOMY button shows the list of all images that illustrate areas of the anatomy.

Clicking the CLINICAL button shows the list of all images depicting injuries, diseases and conditions that would be seen in a clinical setting.

Clicking the X-RAY button show the list of all actual x-rays available for viewing.

If you are viewing images on a database topic, then you select a different set of images (for example, by clicking the ANATOMY button), clicking the RESTORE TOPIC button returns you to the list of images on the database topic.

Clicking the SCAN button allows you to rapidly search the image library menu for all images on a particular topic. For example, if you are interested in heart problems, type in the word HEART. The scan feature will find all entries that pertain to the heart. If there is no match for the topic you enter, try to enter just part of the word.

Clicking the CLOSE button returns you to the main menu of the Home Medical Advisor Pro.

### ***Using The Image Screen***

The Image Screen is where the still images available in the Home Medical Advisor Pro are actually viewed. Typically, an image being viewed will be one image out of several which are related (for example, the images for ABSCESS in the DISEASE FILE). The title bar (also known as the caption) for the Image Screen gives the name of the image, and the relative number of the image within the image set (for example, 1 of 5). The text description for the image is provided in the text area at the bottom of the Image Screen.

Some of the images available in the image library may be considered "graphic" in nature. The censor function (see the Options Screen) applies to all of the images viewable on the Image Screen.

All of the images in the image library are 256-color pictures. If you are running a 16-color display driver, the Home Medical Advisor Pro does not allow access to the image library.

Clicking the IMAGE LIBRARY button makes the Image Screen go away, and the Image Library Screen is

displayed. The image set being viewed is displayed in the Image Library menu. This is especially useful for seeing the names of all images related to a database topic.

Clicking the GLOSSARY button accesses all the glossary words. Most of the terms included in the glossary are medical terms.

Clicking the NEXT IMAGE button displays the next image in the current image set being viewed. If there is only one image in the image set, this button is disabled.

Clicking the PREVIOUS IMAGE button displays the previous image in the current image set being viewed. If there is only one image in the image set, this button is disabled.

Clicking the CLOSE button returns you to the main menu of the Home Medical Advisor Pro.



## **VIEWING VIDEOS**

### ***Using The Video Library***

The Video Library is an alphabetical listing of all videos available in the Home Medical Advisor Pro. The censor function on the Options Screen does not apply to the Video Library. To play the videos, your system must support MPC Level 1, and must have Microsoft Video For Windows installed. The runtime distribution for Video For Windows is provided on the Home Medical Advisor Pro CD-ROM. See the READHMA.TXT file on the CD-ROM for information on how to install Video For Windows if you have not already done so.

To view a video, click on the video name in the menu, then click on the VIEW VIDEO button. Alternatively, simply double-click on the menu name. When a video is viewed, the Video Library Screen goes away and the Video Screen is displayed, with the selected video ready for play and the supporting text displayed. The video library menu that appears allows a "quick search" based on the first three letters typed when the menu has the input focus.

Clicking the ALL VIDEOS button shows the list of all videos.

If you are viewing videos on a database topic, then you select a different set of videos (for example, by clicking the ALL VIDEOS button), the RESTORE TOPIC button will return you to the original topic list.

Clicking the SCAN button allows you to rapidly search the video library menu for all videos on a particular topic. For example, if you are interested in heart problems, type in the word HEART. The scan feature will find all entries that pertain to the heart. If there is no match for the topic you enter, try to enter just part of the word.

Clicking the CLOSE button returns you to the main menu of the Home Medical Advisor Pro.

### ***Using The Video Screen***

The Video Screen is where the videos available in the Home Medical Advisor Pro are actually viewed. The title bar (also known as the caption) for the Video Screen gives the name of the video, and the relative number of the video within its video set (for example, 1 of 5). The text description for the video is provided in the text area at the bottom of the Video Screen.

The censor function (see the Options Screen) does not apply to the videos.

All of the videos in the video library require 256 colors. If you are running a 16-color display driver, the Home Medical Advisor Pro does not allow access to the video library.

Clicking the PLAY button starts the playback of the current video. The PLAY button is disabled and the STOP and PAUSE buttons are enabled.

Clicking the STOP button stops the playback of the current video and resets the video back to the start. The STOP and PAUSE buttons are disabled, and the PLAY button is enabled.

Clicking the PAUSE button stops the playback of the current video and leaves the video at its current position. The PAUSE button is disabled, and the PLAY and STOP buttons are enabled. Clicking the PLAY button after a pause resumes the playback of the video at its current position.

The SEEK slider (the horizontal scroll bar below the video playback window) shows the current position of the video during a playback. By using the slider, you can position the video to a given position and start

a playback from that position. If the video is playing when the slider is used to set the position, the current playback is stopped, the PLAY and STOP buttons are enabled and the PAUSE button is disabled. To resume playback of the video, click the PLAY button.

Clicking the VIDEO LIBRARY button makes the Video Screen go away, and the Video Library Screen is displayed. The video set being viewed is displayed in the Video Library menu. This is especially useful for seeing the names of all videos related to a database topic.

Clicking the GLOSSARY button accesses all the glossary words. Most of the terms included in the glossary are medical terms.

Clicking the NEXT VIDEO button displays the next video in the current video set being viewed. If there is only one video in the video set, this button is disabled.

Clicking the PREVIOUS VIDEO button displays the previous video in the current video set being viewed. If there is only one video in the video set, this button is disabled.

Clicking the CLOSE button returns you to the main menu of the Home Medical Advisor Pro.

## ***USING THE GLOSSARY***

The Glossary Screen provides you with the ability to view the definitions of all the glossary words in the Home Medical Advisor Pro. You can also print the glossary word definitions. The glossary menu that appears allows a "quick search" based on the first three letters typed when the menu has the input focus.

Clicking the PRINT button allows you to print the glossary definition currently being viewed.

Clicking the ALL TERMS button shows the list of all glossary terms.

Clicking the SCAN button allows you to rapidly search the glossary menu for a particular topic. For example, if you are interested in heart problems, type in the word HEART. The scan feature will find all entries that pertain to the heart. If there is no match for the topic you enter, try to enter just part of the word.

Clicking the CLOSE button returns you to the screen from which the glossary was selected for viewing.

## **CONFIGURING OPTIONS**

The Options Screen allows you to customize the screens by choosing your fonts and palettes. It also allows you to control whether or not the more "graphic" images in the program will be displayed.

The CENSOR FUNCTION buttons allow you control over the images that will appear in the image library and on the question screens. To see all images in the image library and on the question screens (no censorship), click on the Always Show Graphic Images radio button. The Prompt To Show Graphic Images radio button allows you to choose whether or not to view a "graphic" image in response to a prompt. In this case, the "graphic" images are suppressed on the question screens. To suppress all "graphic" images in the image library and on the question screens (full censorship), click on the Never Show Graphic Images radio button. If you clicked on the OPTIONS button while viewing an image on a question screen, any changes made to the censor function are not reflected on the image displayed by the question screen until a new question is displayed. You must leave the current question screen (the easiest way is to click the BACK button and then repeat the action which brought up the question being viewed) and return to it to see the effect on the screen with the new censor function option.

The TURN SOUND ON WHILE PLAYING VIDEOS button allows you to turn the audio portion of the videos on and off. If you have a slower machine, a slow display driver, or a slow CD-ROM drive, it is possible that the video playback will drop frames. In this circumstance, since the audio is part of the video, part of the audio track will also be dropped, resulting in "popping" noises or worse. If the check box is checked, the audio is turned on. No check in the check box indicates that the audio is turned off.

Clicking the SELECT DISPLAY COLOR PALETTE button allows you to choose among the available palettes. The Color Options Screen is displayed, with the current color palette selections indicated. The header and text areas of the various screens in the Home Medical Advisor Pro are controlled by different color palettes. There are sample windows on the Color Options Screen, so you can see what your color choices look like as you make them. Clicking the CLOSE button on the Colors Options Screen returns you to the Options Screen.

Clicking the CHANGE PRINT OPTIONS button allows you to set the parameters for printing an entry to a disk file. The Print Options Screen is displayed, with the current print to file settings. The Page Height specifies the number of lines per print page. A formfeed is used as the separator between pages. The Page Width specifies the number of characters per print line. The Tab Size specifies the number of blanks that are to be used when expanding tabs in the text being printed. The Carriage Control specifies the type of line termination characters to be added to the end of each print line. The default value of "Carriage Control, Line Feed" matches the sequence used by DOS for storing text files. Clicking the CLOSE button on the Print Options Screen returns you to the Options Screen.

Clicking the CHANGE HEADER FONT button allows you to change the font used for the header windows. The standard Windows "Select Font" dialog is displayed. The fonts available for selection are the installed screen fonts. After selecting the desired font, click the OK button. All header windows will use the selected font.

Clicking the CHANGE DESCRIPTIVE TEXT FONT button allows you to change the font used for the text windows, with the exception of the Question, Image, and Video Screens.

Clicking the CHANGE QUESTION TEXT FONT button allows you to change the font used for the text window on the Question Screen. Please be careful when choosing the font for this screen, as the text window is very narrow compared to the text windows on the other screens. Choosing a font too wide for the text window will result in the abnormal termination of the Home Medical Advisor Pro.

Clicking the CHANGE IMAGE TEXT FONT button allows you to change the font used for the text

windows on the Image Screen and the Video Screen.

Clicking the CHANGE PRINTER TEXT FONT button allows you to change the font used when printing. The standard Windows "Select Font" dialog is displayed. The fonts available for selection are the installed screen fonts and the installed printer fonts which are supported by the currently configured default printer. After selecting the desired font, click the OK button. All subsequent prints will use the selected font.

Clicking the CLOSE button returns you to the screen from which the Options Screen was selected for viewing.

## ***PRINTING DATABASE INFORMATION***

### ***Printing to a Report***

When a PRINT button is clicked, the standard Windows "Print" dialog is displayed, allowing you to define the options used to print the document. After the options are set (including checking the "Print to File" option if desired), click the OK button. If the document is to be sent to the printer, the Print In Progress Screen is displayed and the database information is printed. If the document is to be written to a file on disk, the standard Windows "Save File" dialog is displayed, allowing you to enter the name of the output file. Do not use the same name as any of your history files stored by the Your Medical Records program, as this will cause your history data to be overwritten, and thus no longer accessible to Your Medical Records!

### ***Print In Progress Screen***

When a print is started, the Print In Progress Screen is displayed. It provides the status for the current print. In addition to the status, the screen has a CANCEL button. To abort the print, click the CANCEL button. Otherwise, the screen is automatically removed from the screen when the print is complete. The font used for all print jobs can be specified by using the CHANGE PRINTER TEXT FONT button on the Option Screen.

## **MEDICAL INFORMATION**

### **Adult CPR, one-rescuer**

1. Establish unresponsiveness, and activate EMS system.
2. Open airway (head tilt-chin lift, or jaw thrust for trauma victims).
3. Check breathing (look, listen, feel).
4. Give 2 slow breaths (1.5 to 2 seconds per breath), watch chest rise, allow for exhalation between breaths.
5. Check carotid pulse. If breathing is absent but pulse is present, provide rescue breathing (one breath every 5 seconds, about 12 breaths per minute).
6. If no pulse, give cycles of 15 chest compressions (rate, 80 to 100 compressions per minute) followed by two slow breaths.
7. After 4 cycles of 15:2 (about 1 minute), check pulse.
8. If no pulse, continue 15:2 cycle, beginning with chest compressions.

### **CPR, Adult, two-rescuers**

1. Establish unresponsiveness, and activate EMS system.

RESCUER 1:

2. Open airway (head tilt-chin lift, or jaw thrust for trauma victims).
3. Check breathing (look, listen, feel).
4. Give two slow breaths (1.5 to 2 seconds per breath), watch chest rise, allow for exhalation between breaths.
5. Check carotid pulse.

RESCUER 2:

6. If no pulse, give cycles of 5 chest compressions (rate, 80 to 100 compressions per minute) followed by 1 slow breath by Rescuer 1.
7. After 1 minute of rescue support, check pulse. If no pulse, continue 5:1 cycles.

### **CPR, Infant and Child to Age 7**

1. Establish unresponsiveness. If second rescuer available have him or her activate EMS system.
2. Open airway (head tilt-chin lift or jaw thrust in trauma victims).
3. Check breathing (look, listen, feel).
4. Give two slow breaths (1 to 1.5 seconds per breath), watch chest rise. Allow for exhalation between breaths.
5. Check carotid pulse. If breathing is absent but pulse is present, provide rescue breathing (1 breath every 3 seconds, about 20 breaths per minute).
6. If no pulse is present, give 5 chest compressions (100 compressions per minute), open airway (with chin lift, and provide 1 slow breath, repeat this cycle).
7. After about 1 minute of rescue support, check pulse. If rescuer is alone, activate the EMS system. If no pulse continue 5:1 cycles.

### **Heimlich Maneuver, Adult**

CONSCIOUS VICTIM AHA PROTOCOL:

1. Ask "Are you choking" (if they can talk they are not choking).
2. Give abdominal thrusts (use chest thrusts for pregnant or obese victim).
3. Repeat thrusts until effective or victim becomes unconscious.

UNCONSCIOUS VICTIM PROTOCOL:

4. Activate EMS system.
5. Perform tongue-jaw lift followed by a finger sweep to remove a foreign object from the mouth.

6. Open airway and try to ventilate; if still obstructed, reposition head and try to ventilate again.
7. Give up to 5 abdominal thrusts.
8. Repeat steps 5 through 7 until effective.

### ***Heimlich Maneuver, Infants and Children***

#### **INFANT (UP TO 2 YEARS) VICTIM PROTOCOL:**

1. Establish inability to ventilate (look, listen, feel)
2. Open airway and try to ventilate
3. If unsuccessful, deliver 5 chest compressions (depress no more than 1 inch) followed by 5 back blows.
4. Look in mouth for object and reassess airway.
5. If no change, repeat steps 2-4 until effective.
6. If airway obstruction is not relieved after about 1 minute, activate EMS system.

#### **CONSCIOUS CHILD (3 YEARS AND OLDER) VICTIM AHA PROTOCOL:**

1. Ask "Are you choking."
2. Give abdominal thrusts.
3. Repeat thrusts until effective or victim becomes unconscious

#### **UNCONSCIOUS VICTIM PROTOCOL:**

4. If second rescuer available, have him or her activate EMS system.
5. Perform a tongue-jaw lift, and if you see an object, perform a finger sweep.
6. Open airway and try to ventilate; if still obstructed, reposition head and try to ventilate again.
7. Perform up to 5 abdominal thrusts.
8. Repeat steps 5 through 7 until effective.
9. If airway obstruction is not relieved after about 1 minute, activate the EMS system.

#### **UNCONSCIOUS CHILD VICTIM AHA PROTOCOL:**

1. Establish unresponsiveness. If second rescuer available, have him or her activate EMS system.
2. Open airway and try to ventilate; if still obstructed, reposition head and try to ventilate again.
3. Perform up to 5 abdominal thrusts.
4. Perform a tongue-jaw lift and if you see an object, perform a finger sweep.
5. Repeat steps 2 through 4 until effective.
6. If airway obstruction is not relieved after about 1 minute, activate the EMS system.



## ***REGISTRATION INFORMATION***

Register your copy of the Home Medical Advisor Pro so your database never goes out-of-date.

Pixel Perfect Software  
10460 S. Tropical Tr.  
Merritt Island, FL 32952

PH (407) 777-5353  
FAX (407) 777-0323

## Index to Home Medical Advisor Pro Help

[Using The Symptom File](#)  
[Using The Diagnostic Screens](#)  
[Using The Other Database Files](#)  
[Viewing Images](#)  
[Viewing Videos](#)  
[Using The Glossary](#)  
[Configuring Options](#)  
[Printing Database Information](#)  
[Medical Information](#)  
[Registration Information](#)



