

## **The Upper Airway Obstruction Management Song**

*Music, lyrics: Henrik Widegren*

Everybody needs to breathe  
A statement true and fair  
So nobody feels at ease  
When someone's lacking air  
So when your patient's airway is blocked  
Do like this and avoid being shocked

Step one: Relax  
Step two: Relax  
Cause if you take it easy and utilize your head  
Nobody in the room will end up dead  
Step three: Time to look  
Where is the block?  
In the lung? In the throat? Use your stethoscope  
Take a look with a fiberoptic laryngoscope  
And now. Step four  
Have the airway secured  
Reduce the swelling or consider an intubation  
Pick up a foreign body in jet ventilation  
Step five: In conclusion  
Evaluate your decision  
Cause if the patient's breathing isn't better than before  
Please go back to step four

But if a patient is distressed  
By shortness of breath  
The lungs are fine. The throat is free  
Hmmm... What could it be?  
Keep in mind, from time to time, it's hard to relax  
And all of us can suffer from panic attacks  
But remember, we are here to train  
Please join me, in this last refrain

### *Chorus*

But if you can remember only one rule  
Remember: Be cool  
And don't forget to breathe, cause if you do you'll soon be  
two  
Whose faces are blue