DIFFICULT BREATHING OR SHORTNESS OF BREATH

1. Symptoms/Presentation
   - Labored/rapid breathing
   - Audible breathing, noisy breathing
   - Distressed, anxious expression, neck extended forward, veins in neck distended.
   - Gasping
   - Marked cyanosis (fingers, nails, lips turn slightly bluish, grayish or purple)

2. Make emergency assessment:
   - AIRWAY - Does he/she have an open airway?
   - BREATHING - Is he/she breathing?
   - CIRCULATION - Does he/she have a pulse?

3. If any of the above are absent:
   - Call 911 for EMTs
   - If respiration absent, start artificial respiration
   - If both respiration and pulse absent, start CPR

4. If assessment shows airway, breathing and circulation are unrestricted:
   - Have inmate sit up, or elevate head with blankets.
   - Obtain medical history of inmate:
     - Does the inmate have asthma, emphysema or bronchitis?
     - Has this ever happened before:
       - If yes, what made it better?
   - If breathing returns to normal within a few minutes, then refer the information to the Facility Nurse.
   - If breathing does not return to normal, contact the Facility Nurse, Facility Provider or Emergency Room Physician after hours.