

MUNI | SIMU
MED

Rautek's maneuver, recovery position

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Learning objectives

- The student will learn the use of the Rautek's maneuver.
- The student will learn when to put the patient into the recovery position.
- The student will learn what the recovery position should look like.

Rautek's maneuver, recovery position

- What is it?
- For what is it applicable?
- Particular steps, how to do it

Rautek's maneuver

- A method of transport of the injured patient by one rescuer that uses towing, not carrying
- Short distance transport
- Suitable eg. for rescuing from a vehicle, towing to safety

Rautekův manévr I.



Rautekův manévr II.



Rautek's maneuver – how to do it

1. The rescuer approaches the injured patient from behind
2. The rescuer passes his arms through the armpit of the injured patient
3. The rescuer holds the injured patient by the forearm
4. The rescuer pulls carefully the injured patient on himself on the bent thigh



Recovery position

- Position used in the unconscious patient in case of:
 1. unconsciousness due to poisoning
 2. unconsciousness due to drowning
 3. vomiting, bleeding from the mouth or nose
 4. we have to leave him
- The purpose is to prevent the airway obstruction with tongue root and aspiration of gastric content.

Recovery position

- Use only if the patient is breathing **normally and regularly**.
- It is necessary to constantly check the quality of breathing until the arrival of EMS.
- We don't place the patient in the recovery position in case of unconsciousness as a result of injury.

What the recovery position looks like?

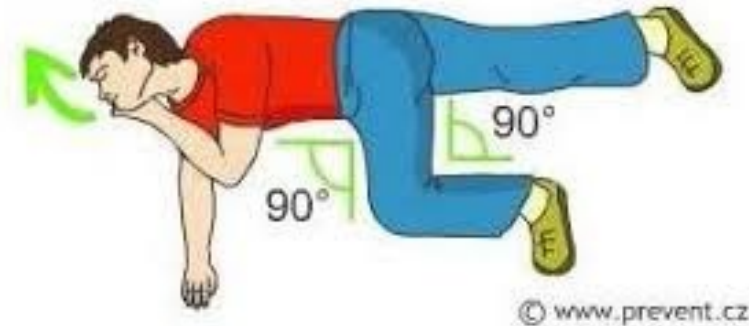
- The patient is lying on his side
- The patient's mouth is pointing to the ground
- The patient's head is tilted



<https://www.ochranaobyvatel.cz/codelat-cz/index.php?detail=12>

How to do it?

- You can find a video how to perform the recovery position in e-learning, you will try the practical implementation within the First Aid lesson.



Resources

- ERC guidelines 2015
- www.mladyzdravotnik.cz
- www.prpom.cz
- www.zachrankaapp.cz

Learning outcomes

- Student is able to describe the correct procedure of putting the patient into the recovery position.
- Student knows when to use Rautek's maneuver.
- Student knows when it is appropriate to place the patient in the recovery position.

Thank you for your attention.

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