



IMAGE - NEW TECHNIQUE

Two-Finger Technique and No-Finger Technique of Holding a Face Mask

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Abstract

We all are aware of the traditional CE technique of holding a face mask during preoxygenation. This article is to emphasize a new technique called Two finger technique to hold a mask in an paralyzed patient and a zero-finger technique to hold the mask in a spontaneously breathing unconscious patient (Figure 1).

Two Finger Technique

The Figure 1 shown above depicts the method of holding a face mask in a *paralyzed* patient. The middle finger is used to lift the chin and thumb is used to hold the mask with direction of force towards the angle of mandible (arrow direction) making sure that the lower side of mask is in contact with the patient.

No-Finger Technique

This method is useful in spontaneously breathing

patient to provide an effective seal without touching the patient. With the help of your hand the mask is put over the patient's face and force is directed towards the angle of mandible (arrow direction) with lower side of the mask to be in contact with the patient as shown in the Figure 2 above.

Uses

- Avoiding too much pressure of fingers over patient's face while holding the mask.
- Effective ventilation without touching the patient in a spontaneous breathing unconscious patient.
- When the care provider has finger deficit or injury to finger.
- Prolonged bag mask, when the care provider is exhausted holding the mask in traditional CE technique.



Figure 1: Two finger technique.



Figure 2: No-finger technique.