



TRACHEOSTOMY CARE

A BRIEF GUIDE ON SAFE AND PROPER MANAGEMENT OF TRACHEOSTOMIES

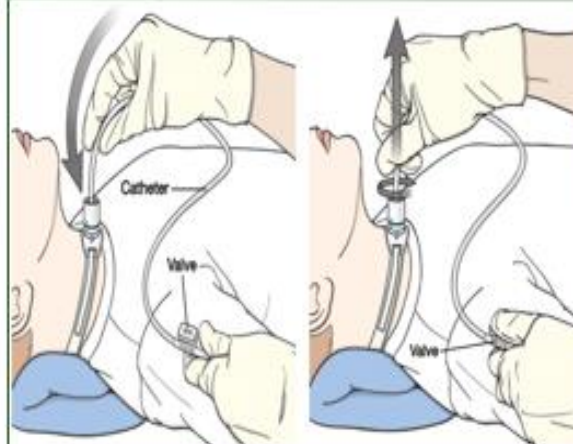
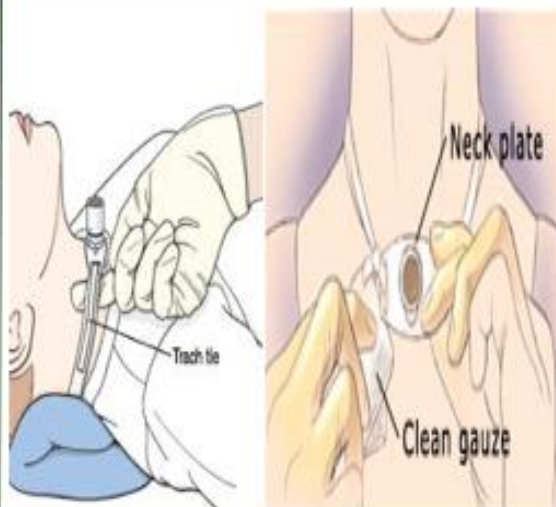


CUFF PRESSURE ASSESSMENT

- ✓ Assessed once every shift
- ✓ Attach cuff pressure manometer to cuff pilot balloon port and read the measurement.
- ✓ Normal cuff pressure: **20-25 mmHg**
- ✓ If cuff pressure <20 mmHg, squeeze bulb to inflate until normal pressure is achieved.
- ✓ If cuff pressure >25 mmHg, press the pressure-release button on the device until normal pressure is achieved.

STOMA CARE & CHANGING OF TIES

- ✓ **TWO** person procedure.
- ✓ One person to **HOLD** the tracheostomy tube in place.
- ✓ Remove ties and inspect stoma for **discharge, pain, odor, cellulitis, discoloration, or granulation.**
- ✓ Clean stoma and surrounding skin using normal saline and gauze and allow to dry.
- ✓ Apply new tracheostomy ties. Ensure security by making sure two fingers can fit when inserted.



TRACHEOSTOMY SUCTIONING

- ✓ Assess vital signs, breath sounds, respiratory effort
- ✓ Choose an **appropriately-sized** suction catheter (no larger than half the size of the tracheostomy tube).
- ✓ Use **STERILE** technique.
- ✓ Insert the catheter gently and withdraw 2-3cm once resistance is felt.
- ✓ Apply suction intermittently.
- ✓ Limit suction time to **less than 10 seconds.**
- ✓ No more than 4 suction attempts
- ✓ Hyperoxygenate before, in between, and after suction attempts for at least 1 minute

CARE OF INNER CANNULA

- ✓ Prepare needed materials
- ✓ Perform tracheostomy suctioning if needed.
- ✓ Unlock inner cannula by pulling **downward and outward**
- ✓ Place in sterile water and clean well and dry with sterile gauze.
- ✓ Insert inner cannula with curved part downward and lock in place.

