

## Parts Of A Tracheostomy

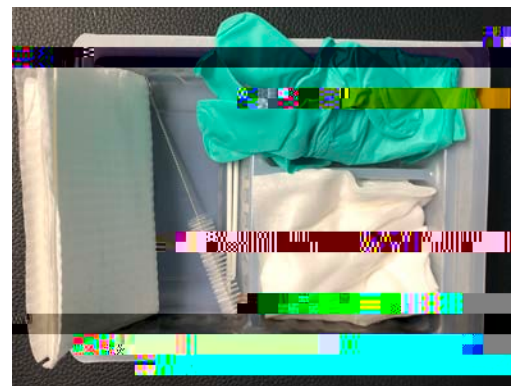
- Outer cannula with balloon this portion will stay in the patient's neck at all times
- Inner cannula this portion fits into the outer cannula and locks in place. The inner cannula will be removed daily for cleansing and then replaced into the outer cannula
- Obturator: this portion is used to initially insert the tracheostomy in place. You will not be using this in your daily care



Tracheostomy care kits contain the following items:

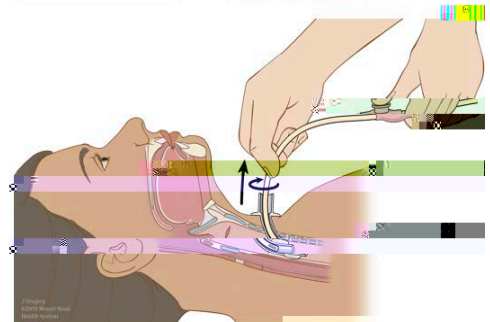
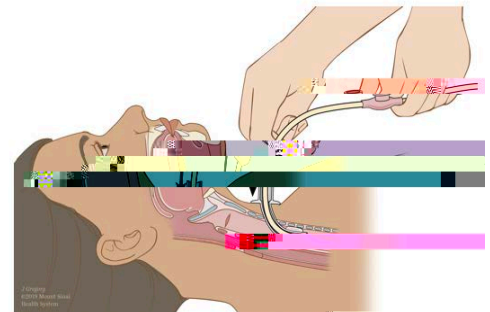
- o Basin
- o Gloves
- o Suction Catheter
- o Brushes
- o 4 x 4 gauze pads

In addition, you will need sterile water or saline, a suction machine and connecting tubing



## Tracheostomy Suctioning Procedure

- 1) Wash your hands thoroughly.
- 2) Assemble your equipment so that it is convenient
- 3) Turn on the suction machine and test that it is working. Open the plastic cover of the suction catheter and attach the end to the connecting tubing
- 4) Put on your gloves
- 5) Remove the suction catheter from the plastic cover and dip the loose end into the sterile water or normal saline in the bowl. This lubricates the tip and helps the catheter to slide into the trach easier
- 6) Have the patient take a few deep breaths and cough. These techniques help to provide extra oxygen and move secretions upward to make suctioning easier. Slowly insert the moist catheter into the trach tube until you feel resistance. A short distance is all that is needed.



- 7) Do not cover the suction catheter valve while inserting the catheter
- 8) Remove the suction catheter from the trach with your finger covering the suction valve. This will draw mucus/secretions from the trach into the tubing.
- 9) The whole process of insertion into the trach and removal should take no longer than 10 seconds. A good trick is to hold your breath until you feel the need to take a breath - then