

# Taichung Armed Forces General Hospital

## Leaflet of Inpatient Nursing Instructions

### 氣管切開造口之護理指導

Sir/Lady:

Nursing instructions for tracheostomy care

- I. Purpose: To prevent infection at the tracheostomy site and maintain airway patency.
- II. Steps:
  - (1) Hand washing: Wash hands thoroughly with soap and rub your hands together up to the elbows. Pay particular attention to the spaces between the fingers and the fingertips.
  - (2) Patient preparation: Explain the procedure to the patient beforehand, as the patient may feel anxious, and to provide psychological preparation, even if the patient is unconscious.
  - (3) For babies: To prevent restlessness, wrap the baby with a blanket to secure the body or limbs, or have another person hold the baby.
  - (4) Perform suctioning using sterile technique.
- III. Changing the dressing:
  - (1) Have the patient assume a semi-sitting position, remove the Y-shaped gauze, and clean the skin around the tracheostomy stoma with saline. Observe the skin for any signs of bleeding, redness, swelling, or abnormal exudate.
  - (2) Use iodine solution and saline to disinfect the area around the stoma from inside out to about 5 cm from the stoma. Ensure that the solution does not flow into the tracheostomy stoma.
  - (3) Change the Yc-shaped gauze using sterile technique.
  - (4) Keep the dressing dry.
  - (5) If the fixation strap is soiled, it must be replaced. Loosen the strap, use one hand to hold the tube in place, and gently and quickly replace the strap with a clean one and fix it. Adjust the tightness so that two fingers can fit underneath. Avoid pressure on veins or loosening
  - (6) Keep the fixation strap clean, and avoid movement of the tracheostomy tube or dislodgement due to coughing caused by stimulation. If the tube falls out and cannot be immediately reinserted, respiratory distress may result.

**Taichung Armed Forces General Hospital**  
**Leaflet of Inpatient Nursing Instructions**

(7) Precautions: If there is ulceration, skin breakdown, redness, or swelling around the tracheostomy stoma, or if the tube becomes dislodged, return to the hospital immediately for management by the physician.

IV. The tracheostomy tube is a critical airway management device. Do not pull on it to avoid dislodgement. If the patient is unconscious or shows an intention (attempt) to pull at the tube, cooperate with the nurse to appropriately restrain the patient's hands to prevent accidental removal of the tube.

If you are still unclear about something or have any questions, please contact the nursing station in the ward