

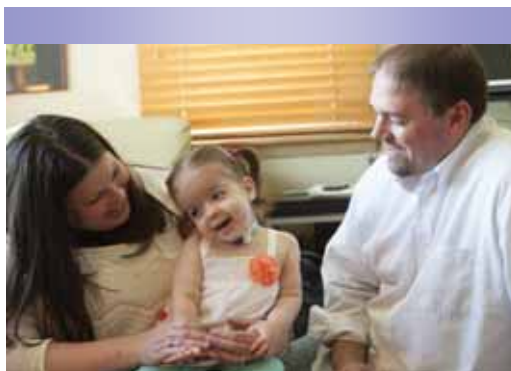
## Care of stoma

On changing the ties of the tracheostomy tube, it is essential to observe the skin surrounding the stoma for bleeding, redness or signs of irritation. To prevent your child's skin from becoming irritated, cleaning the skin on each tie change is important.



To keep the stoma clean:

- Use gauze and saline water
- Do not use creams or ointments as this can cause the skin to breakdown
- Ensure the area is dried thoroughly
- Change the ties and dressings if they become soiled
- If the stoma begins to bleed, please contact a healthcare professional



Do not hesitate to contact the wards if you have any questions or concerns regarding your child and their tracheostomy. The nurses and medical teams are there to help you at all times.

Puffin: (021) 492 2212/ (021) 492 2206

Ladybird: (021) 492 2209 / (021) 492 2210

Seahorse Day Ward: (021) 492 2187

Paediatric Assessment Unit: (021) 492 2194

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The information in this leaflet is correct at time of development.

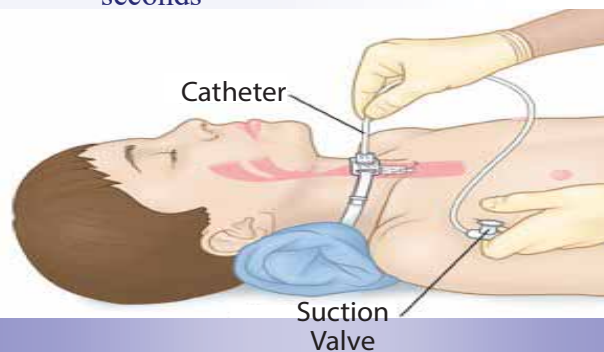
## Care of a child with a Tracheostomy



## Suctioning your child

Your child can't cough and clear their own secretions effectively with a tracheostomy. Suctioning your child is essential to remove secretions that can block your child's airway. This procedure does not hurt your child. Follow the steps to suctioning below:

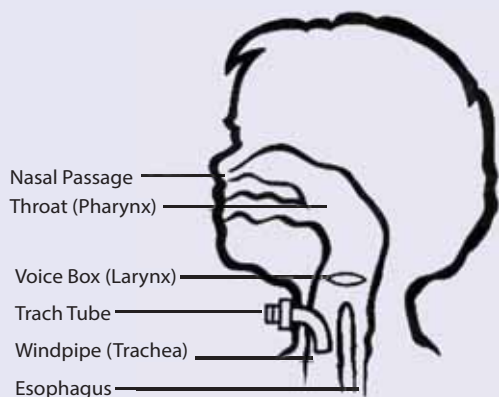
- Wash your hands
- Apply apron and gloves as appropriate
- Identify suction depth
- Insert the suction catheter through the tracheostomy tube
- Do NOT apply suction on insertion
- Apply suction by placing your thumb over the port and gently withdraw the catheter
- Do not apply suction for more than 10 seconds



## Tie changes

Your child's tracheostomy tube is held in place by cotton or Velcro ties. These ties should be changed daily. Two people are always required to perform a tie change. Steps to tie changing:

- Gather the necessary equipment and wash your hands
- Place your child flat on their back with their chin pointing up
- One person holds the tube in place while the other places the new ties behind the neck and cuts the old ties and dressing
- Clean the stoma area as explained in the next section
- Thread the ties through the loops on either side of the tracheostomy tube and tie a bow
- You should be able to fit one finger between the neck and the ties to ensure the correct tension tying three knots or velcro to the ties (refer to image)



## Tracheostomy

Your child has had a tracheostomy tube inserted, allowing your child to breathe more easily. A tracheostomy is an artificial opening into the windpipe where a tube is inserted to allow air pass in and out of your child's lungs.

It is important to remember that the doctors, nurses and other members of the healthcare team are here to support you in the learning and care of your child's tracheostomy. Here we explain the daily care needs for a child living with a tracheostomy.