



RankenJordan.
PEDIATRIC BRIDGE HOSPITAL

Tracheostomy Change

Why is Tracheostomy Changes important?

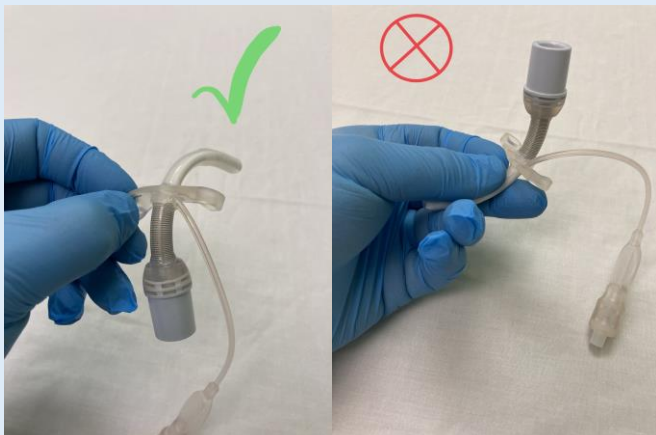
Routine tracheostomy changes reduce the risk of infections, germs, and mucus plugging.

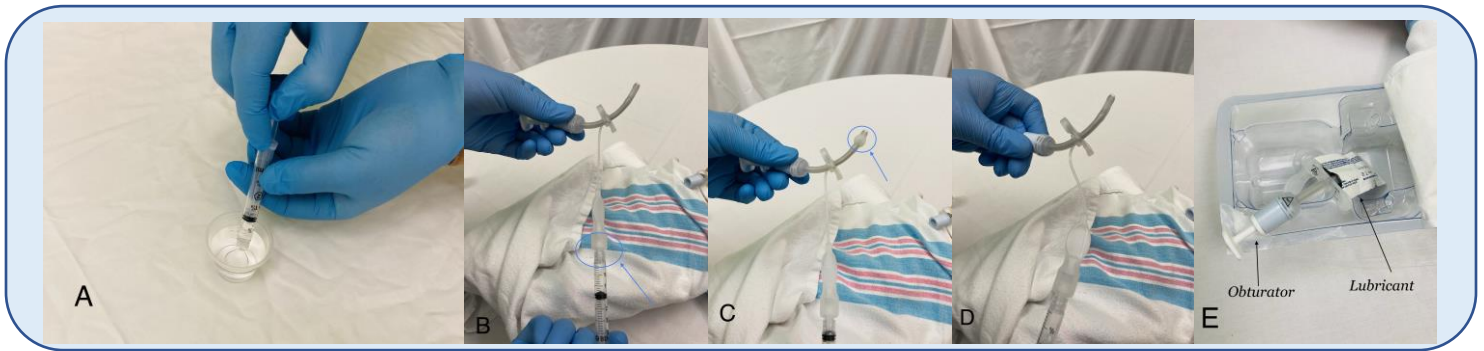
How often should I change the Tracheostomy Tube?

The trach tube should be changed at least every 1-2 weeks, unless your doctor orders more frequent changes.

Equipment Needed

1. Sterile water
2. Scissors
3. Shoulder roll
4. Trach dressing
5. Trach ties, template (optional)
6. Water cup
7. Cotton swab or gauze
8. Clean wash cloth
9. Masks
10. Resuscitator Bag with Peep Valve
11. Trach same size
12. Trach one size smaller
13. Sterile lubricant
14. Syringe (for cuffed tubes only)





Fill syringe with sterile water to the level ordered by your doctor (A). Attach the syringe to the trach cuff port (B). Push the end of the syringe to inflate the cuff and assess the integrity and proper function (C). Deflate the cuff by pulling back on the syringe, keep syringe to the side (D). Place the obturator in the new trach and place the distal end of the trach tube into the sterile lubricant (E). Only a small of lubricant is needed on the tube. Set aside.



1 Place the child on their back with a rolled blanket or towel under their shoulders.

Swaddling your baby or young child will help make them feel secure and keep their hands away from stoma.

2 Wash hands and put on gloves.

3 Suction your child before the trach change.



4 **For cuffed trachs.** With an empty syringe deflate the cuff and then suction your child.

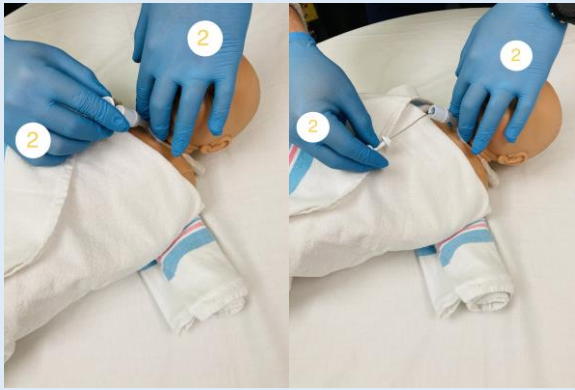
5 **Caregiver 1** will hold the trach in place while **Caregiver 2** unfastens the trach ties and removes the dressing.



6 **Caregiver 1** will remove the trach while **Caregiver 2** has the new trach in place ready to insert.

7 **Inspect** the tracheal stoma quickly noting any redness, granulomas, bleeding, or signs of infection.

8 **Caregiver 2** will insert the new trach with a follow through motion with the curve of the tube pointing downward.



9

Caregiver 2 will then hold the new trach tube in place with one hand while removing the obturator with the other.

10

Caregiver 2 will continue holding onto the trach while **Caregiver 1** inflates the cuff with the appropriate amount of water. (cuffed trachs only)

Final Steps

- **Clean the tracheostomy site as usual. (Refer to Tracheostomy Stoma Care)**
- **Clean the old trach and obturator. (Refer to Bivona Trach Cleaning)**
- **Make note of the date of trach change, trach care, difficulties placing the trach, and how many spare trachs you have.**