



**Learning List for the Care of your Child  
with a Tracheostomy**

Caregiver \_\_\_\_\_

Co-Caregiver \_\_\_\_\_

Caregiver

Co-Caregiver

	Caregiver				Co-Caregiver			
	Instruct	Assist	Indpdnt	Indpdnt	Instruct	Assist	Indpdnt	Indpdnt
Why your child needs a tracheostomy tube								
Type and size of tracheostomy tube your child has								
<b>Suction tracheostomy tube</b>								
Premeasured technique								
Gather supplies								
Minimum of 2-3 times daily								
As needed to keep tube clean								
Suction pass should be <5sec								
Suction pressure when removing cath								
Pass catheter before bagging								
<b>Clean around tracheostomy tube</b>								
Inspect skin twice daily								
Clean with water & q-tip twice daily								
Keep area clean and dry								
May apply split gauze around site if needed								
<b>Care &amp; change of tracheostomy tube ties</b>								
Change ties daily/ one finger between tie & neck								
Inspect skin								
Wash neck with soap & water								
Keep neck area clean and dry								
<b>Change tracheostomy tube</b>								
Gather supplies, clean and clear work area								
Wash hands								
Inspect new tube and cuff								
Draw up correct amount of water								
Inflate, inspect, & deflate cuff								
Attach ties to tracheostomy tube								
Insert obturator & lubricate new tube								
Position your child								
Deflate cuff currently in use								
Remove tracheostomy tube ties&tube, inspect site								
Insert new tracheostomy tube								
Remove obturator								
Assess infant/child breathing								
Secure ties then inflate cuff, if indicated								
Clean area and apply new dressing, if needed								
<b>Humidification</b>								
Heated humidification during sleep/inactivity								
Passive humidifiers for daytime, active/traveling								
Know when not to use passive humification								
<b>Supplies to have with your child at all times</b>								
Travel Bag								
Tracheostomy tubes (same size and smaller)								
Oxygen if ordered								
Portable suction & supplies								
Ambu bag								
Pulse oximeter								
Working phone to call EMS								

Caregiver

Co-Caregiver

	Instruct	Assist	Indpt	Indpt	Instruct	Assist	Indpt	Indpt
Pattern of normal breathing and respiratory rate								
Signs of respiratory distress								
Increase or decrease in respiratory or heart rate								
Noisy breathing								
Sweaty, clammy skin								
Abdominal breathing or retractions								
Nasal flaring								
Look of restlessness or anxiety								
Color change								
Desaturation								
Signs of infection								
Redness of skin at site								
Change in trach secretions								
Change in breath sounds								
Change in respiratory or heart rate, fever								
Desaturation								
Potential emergencies & how to help your child								
Thick or plugged secretions								
Aspiration/choking								
Blocked tube								
Bleeding from or around tracheotomy tube								
Accidental decannulation								
Unexplained worsening status								
How to do rescue breathing and cardiopulmonary resuscitation (CPR)								
Activities your child can do and activities to avoid								
May bathe in 1-2 inches of water								
Avoid irritants (smoke, dirt, small objects, etc.)								
Do not leave unattended near water								
No contact or water sports								
Use and cleaning/maintenance of necessary home equipment and monitors								
Travel Bag								
Trachesotomy Tube/Ties/Surgilube								
Ambu Bag/Mask								
Oximeter								
Suction & supplies								
Oxygen								
Organizing/Ordering Supplies								
How to give inhaled medications (if needed)								
Take child out of room with equipment without staff								
Evaluator Sign/print name/initials:	<p><b>Notes: Please date and initial boxes as activity completed.</b></p> <p><b>Instruct:</b> Evaluator instructs caregiver on activity.</p> <p><b>Assist:</b> Evaluator assists caregiver with activity.</p> <p><b>Indpt (Independent):</b> Evaluator observes caregiver perform activity independently.</p>							

