	文件類別	衛教單張	文件編號			
			3-063-082			
	文件名稱	氣切造口的居家照護- 鐵製氣切護理(英文版)	版次	1	頁次	Page 1 of 3
			制定日期	2017/06/15		
		修訂日期				

氣切造口的居家照護-鐵製氣切護理

Home care of tracheotomy-Nursing care of the iron tracheotomy tube

維持氣切套管清潔及乾淨，避免感染

To keep the tracheotomy tube clean and prevent infection

一、原則及注意事項：

1. 氣管內管每日清潔1-2 次，如果痰量多，則增加清潔次數。
2. Y 型紗布及氣切套管固定帶濕了或髒了，需馬上更換。
3. 膠布浮貼於紗布上，避免直接貼於個案皮膚。
4. 氣切固定帶之鬆緊約以二手指能插入為準。
5. 取下氣管內管清潔時，不要超過30 分鐘以上，以避免痰液形成結痂物堵住氣管徑。

一、Principles and precautions:


1. Clean the inner cannula (inner tube) once or twice daily, and more cleaning sequences if sputum intensified.
2. The Y-shape gauze and the tracheotomy tie need to be changed immediately when they became wet or dirty.
3. The tape was attached on the gauze to avoid direct contact with the patient' s skin.
4. Make the tracheotomy ties loose enough to slip two fingers under them.
5. To avoid the blockage of trachea by dried sputum crusts, the duration of inner cannula (inner tube) cleaning never exceeds 30 minutes.

二、準備用物：

清洗用的小刷子、無菌的Y 型紗布、兩個杯子（分盛生理食鹽水及雙氧水）、優碘藥水、普通棉枝、氣切固定帶一條、4x4 紗布一塊

二、Supplies :

One small brush for cleaning, sterile Y-shape gauze, 1 cup of normal saline solution, 1 cup of hydrogen peroxide solution, Betadine solution, cotton-tipped swabs, one tracheotomy tie, and one piece of 4x4 gauze.

	文件類別	衛教單張	文件編號			
			3-063-082			
	文件名稱	氣切造口的居家照護- 鐵製氣切護理(英文版)	版次	1	頁次	Page 2 of 3
			制定日期	2017/06/15		
		修訂日期				

三、方法：

1. 洗手。
2. 固定外管後，將卡鈕上轉；輕拉出內管。
3. 將內管置於雙氧水內浸泡數分鐘至痰液脫除，再用刷子清洗淨，放入生理食鹽水內。
4. 拉出氣切口原有之Y型紗布。
5. 棉花棒沾優碘環狀擦拭氣切口周圍後，再以生理食鹽水環狀擦拭。
6. 置放新的無菌Y型紗布。
7. 氣切繫帶若鬆了、髒了應重新綁好或更換新的帶子。
8. 消毒內管的方法：

三、Methods：


1. Wash your hands.
2. After fixing the outer cannula (outer tube), turn the release knob and pull the inner cannula(inner tube) out of the outer cannula gently.
3. Soak the inner cannula (inner tube) in the hydrogen peroxide solution for few minutes until the sputum crusts removed. Wash the inner tube with the small brush, and soak it in the normal saline solution.
4. Pull out the used Y-shape gauze from the tracheotomy opening.
5. Wipe around the tracheostomy opening with cotton-tipped swabs which were soaked in Betadine solution, and then wipe it again with normal saline.
6. Place the new sterile Y-shape gauze.
7. If the tracheotomy tie becomes loose or dirty, retighten it or change it with a new one.
8. Methods to sterilize the inner cannula (inner tube):

*方法一

- 1) 用小刷子將氣管內管清洗乾淨。
- 2) 將氣管內管浸泡於雙氧水10-15分鐘。
- 3) 用生理食鹽水將氣管內管痰液沖洗乾淨。
- 4) 將消毒好的氣切內管放回氣切管並扣緊。

*Method 一

- 1) Clean the inner cannula with the small brush.
- 2) Soak the inner cannula in hydrogen peroxide solution for 10-15 minutes.

	文件類別	衛教單張	文件編號			3-063-082		
			版次	1	頁次	Page 3 of 3		
	文件名稱	氣切造口的居家照護- 鐵製氣切護理(英文版)	制定日期			2017/06/15		
			修訂日期					

- 3) Use the normal saline solution to clean sputum in the inner cannula.
- 4) Reinsert the sterilized inner cannula into tracheostomy tube and lock in place.

* 方法二

- 1) 用小刷子將氣管內管清洗乾淨。
- 2) 用小鍋子裝冷水能淹過氣切內管的高度，加熱至沸騰。
- 3) 滾5分鐘，熄火。把氣切內管放入滾水中。
- 4) 蓋上鍋蓋後自然冷卻即可。
- 5) 將消毒好的氣切內管放回回氣切管並扣緊。

* Method 二

- 1) Clean the inner cannula with the small brush.
- 2) Pour cold water enough to cover the inner cannula in a small pot. Heat water to boiling.
- 3) After water boiling for 5 minutes, turn off the gas. Soak the inner cannula in boiled water.
- 4) Cover the pot and wait for water to cool down.
- 5) Reinsert the sterilized inner cannula into tracheostomy tube and lock in place.

以上資料來源自台灣長期照護專業協會，
若您對以上內容有任何疑問時，請洽詢護理人員。