	文件類別	衛教單張	文件編號			3-063-083		
			版次	1	頁次	Page 1 of 3		
文件名稱	氣切造口的居家照護- 從氣切口抽痰(英文版)		制定日期			2017/06/15		
			修訂日期					

氣切造口的居家照護--從氣切口抽痰

Home care for tracheostomy —to draw out sputum from the tracheostomy opening

清除痰液、保持呼吸道順暢


Clear sputum away and keep the airway unobstructed

一、 原則及注意事項：

1. 抽痰時，不可將抽痰管及戴上抽痰用無菌手套的手碰觸其他物品，或對著抽痰管咳嗽、講話...等。
2. 抽痰管、抽痰用無菌手套只能使用一次，勿重覆使用。
3. 抽痰之先後順序為，氣切管→鼻→口，抽完口鼻後不可再用該抽痰管回抽氣切管的痰液。
4. 兩次抽吸應間隔1-2 分鐘。
5. 抽吸時若有面色發紺現象，應馬上停止並給氧氣。
6. 可先協助個案翻身、扣背及姿勢引流，使痰液咳出；清醒者鼓勵做有效咳嗽（深呼吸、腹部用力咳出），若仍不易咳出再抽吸。
7. 在進餐前30 分鐘或進餐後1 小時內請勿抽吸，以防嘔吐。
8. 抽吸瓶液面不可超過2/3 瓶，以免影響抽吸壓力及效果。

一、 Principles and precautions：

1. During sputum suction therapy, do not touch other things with the suction tube and the gloved hand, or cough, talk or other acts directly to these supplies.
2. The suction tube and sterile gloves only be used once. Never use them again.
3. The order of to perform sputum suction: tracheostomy tube first, then nostrils and mouth. When suction is finished on mouth and nostrils, don't use the suction tube on tracheotomy tube again.
4. The suction interval between two therapies is 2~3 minutes.
5. If the patient's face turns blue (cyanosis) during sputum suction therapy, stop and supply the patient with oxygen.
6. Assist the patient to turn the body over first, clap his/her back, and perform postural drainage to drain sputum away. Encourage conscious patients to perform effective cough (Take a deep breathe, and cough with abdomen). Perform sputum suction only when the patient can't cough easily.

	文件類別	衛教單張	文件編號			
			3-063-083			
	文件名稱	氣切造口的居家照護- 從氣切口抽痰(英文版)	版次	1	頁次	Page 2 of 3
			制定日期	2017/06/15		
		修訂日期				

7.To avoid vomiting, don't perform sputum suction therapy 30 minutes before meal or one hour after meal.

8.The water level of suction bottle should not exceed 2/3 of the bottle to maintain the suction pressure and effect.

二、準備用物:

抽痰機、抽痰管數條、抽痰用無菌手套、生理食鹽水瓶子（冷開水亦可）、清水瓶子

二、Supplies:


Suction machine, several suction catheters, sterile gloves for suction, one bottle of normal saline solution or boiled water, and one bottle of water.

三、方法：

- 1.洗手。
- 2.打開抽痰管連接端之包裝，抽痰管先不要抽出。
- 3.抽痰管置包裝內，將連接端接到抽痰機的抽吸端。
- 4.一手戴上抽痰用無菌手套將抽痰管抽出，注意管子不可碰觸其他物品。
- 5.以另一手打開抽痰機，並調好抽吸壓力。(大人:150-200mmHg;小孩:80-120 mmHg)。
- 6.先抽吸生理食鹽水（或冷開水），潤濕管子。
- 7.以輕柔動作插入適當深度（約相當於氣切套管的長度）。
- 8.以戴抽痰用無菌手套之手指旋轉抽痰管，施行間歇抽痰（大人每次不可超過15秒，小孩5-8 秒）。
- 9.解除壓力後將管子抽出續抽吸清水以清潔管中之痰液。
- 10.帶著抽痰手套的那隻手，順勢將抽痰管纏繞抓住後，再用另一隻手將抽痰手套脫下並包住使用過之抽痰管後再丟棄。

三、Methods：

- 1.Wash your hands.
- 2.Open up the packages of suction catheter and connector. Don't pull out the suction catheter first.
- 3.With the catheter in the package, attach the connector to the suction end of the machine.
- 4.Use the gloved hand to draw out the suction catheter from the package. The catheter should not touch other items.
- 5.Use the other hand to turn on suction machine, and adjust the suction pressure simultaneously. (The pressure should be: 120-150 mmHg for adults; 80-120 mmHg for children)

	文件類別	衛教單張	文件編號			3-063-083		
			版次	1	頁次	Page 3 of 3		
	文件名稱	氣切造口的居家照護- 從氣切口抽痰(英文版)	制定日期			2017/06/15		
			修訂日期					

6. Wet the end of the suction catheter with normal saline.
7. Gently insert the suction catheter to a proper depth in the tracheostomy tube. (The depth of catheter insertion equals to the length of the tracheostomy.)
8. Use the fingers of the gloved hand to rotate the suction catheter and apply suction intermittently. (The durations of suction do not exceed 15 seconds for adults, and 5-8 seconds for children.)
9. After releasing the pressure, draw out suction catheter. Use the catheter to suck out water and wash off sputum in the tube.
10. Wrap the catheter within the glove, then take off the glove and dispose them.

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。