



文件類別

衛教單張

文件編號

3-063-097

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文件名稱

氣切造口棉繩更換居家護理衛教單張(中英)

制定日期










2017/06/15

修訂日期

氣切造口棉繩更換居家護理 Changing the Tracheostomy Ties

中英

執行步驟 Procedure :

<p>1. 洗手 Wash your hands.</p> 	<p>2. 備齊用物 Prepare supplies.</p>  <p>剪刀 綿繩 透氣膠布</p> <p>長度約 60 至 90 公分 或氣切固定帶 Prepare a cotton string about 60 to 90 cm.</p>
<p>3. 將舊棉繩剪下 Cut out the old string.</p> 	<p>4. 輕輕固定下，移除舊棉繩 Remove the old ties.</p> 
<p>5. 一邊先穿過新棉繩，並打結固定 Thread the new string end through the opening on one side of the neck plate.</p> 	<p>6. 新棉繩繞過頭後，再穿過另一邊 Pulling the string around the back of the neck and thread the ends through the opening on the other side of the neck plate.</p> 
<p>7. 打雙結固定 Tie the ends together in a double knot.</p> 	<p>8. 測試鬆緊度，左右各留一手指寬度 Make the ties loose enough to slip one finger under them on both sides.</p> 
<p>9. 棉繩預留 3-5 公分後剪除 Reserve 3-5 cm cotton string and cut the rest off.</p> 	<p>10. 貼上紙膠 Tape in place.</p> 