Collaborative Regional Benchmarking Group

Tracheostomy Care in Critical Care

Aim: To provide guidance on nursing care for patients with a tracheostomy in Critical Care
Scope: All adult patients with a tracheostomy

Each shift assess and document:

- **Patency of tracheostomy**
- **Check size of tube**
- **Cleanliness and health of stoma**
- **Inner tube: clean and change 4 hourly**
- **Tapes renewal**
- **Dressing renewal**
- **Emergency box present and stocked**
- **Cuff pressure check 4 hourly**
- **Closed suction: check change date**

SAFETY FIRST!

- Continuous capnography
- Bedhead sign
- Emergency Box present at bedside
- Be familiar with the Emergency Tracheostomy Algorithms (NTSP)

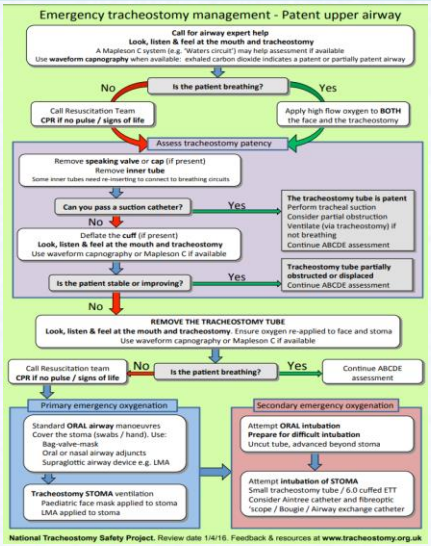
RISK OF DISPLACEMENT

Inform CCOT on discharge

Standard Tracheostomy Care	
1	Ensure adequate oxygen and humidification therapy is delivered for both ventilated and non-ventilated patients.
2	Inner cannula should be removed, inspected and cleaned with sterile water 4 hourly or as patient condition dictates. Spare clean inner tube to be kept at bedside.
3	Perform suctioning as often as clinically indicated and aspirate subglottic port, if available, 4 hourly.
4	Stoma site – each shift inspect for infection and pressure damage, clean with sterile gauze & saline, change dressing and ensure tracheostomy is secured with tapes.
5	Maintain cuff pressure between 20 – 30 mmH_2O if ventilated. ALWAYS deflate cuff with speaking valve
6	Perform oral care 4 hourly or as required.

Rehabilitation

- Mobilise as able, ensuring tracheostomy is secure
- Regular physiotherapy
- Encourage coughing



Consider

- **Swabbing stoma** if there are any signs of infection
- **Pressure damage** from tube
- **Weaning plan**
- **Swallowing assessment**
- **Speaking Valve**
- **Communication aids**
- **Tube change at 29 days**

Please see your units full guidelines for more information

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West Yorkshire Critical Care & Major Trauma Operational Delivery Networks
North Yorkshire & Humberside Critical Care Network NHS
NHS Operational Delivery Network NoECCN North of England Critical Care Network