

Home care for trachea treatment patients

※每天至少消毒一次，痰液增多時需增至 2-3 次。

Sterilize the equipment at least once a day, when the phlegm increases, sterilization should be increased to two or three times a day.

01. 氣切造口周圍要保持清潔乾燥，觀察氣切造口有無分泌物、紅腫等發炎症感染現象。

Check trachea area to make sure it is clean and dry and whether there is excretion, swelling or infection.

02. 雙手洗淨後拭乾，取下造口上的 Y 型紗布，用無菌棉棒沾優碘藥水，由內向外塗抹造口周圍 5 公分的區域。30 秒鐘後，再以無菌棉棒沾生理食鹽水擦拭乾淨，將新的 Y 型紗布放置套管下方。

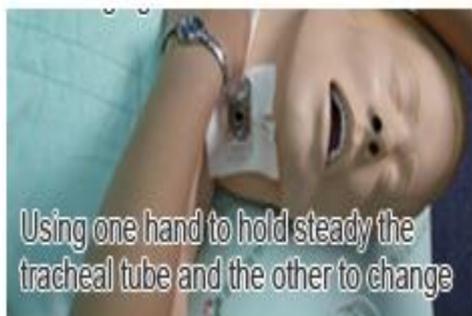
Wash both hands and dry, take gauze of the Y-shaped wound bandage. Use aseptic cotton with iodine to clean the 5 cm wounded area from the inside to the outside. 30 seconds later, use cotton with saline to wipe clean and place the new Y-shaped gauze under the tube.



03. 可一併更換濕掉或髒污的固定帶，注意不要拉扯到人工氣道。

Change wet or dirty supporting belt, be careful not to pull the artificial airway.

· **Changing the fixed belt of the tube**



04.鐵頭氣切套管分為內外兩管，內管每天要取出消毒，外管由醫護人員每兩週更換一次，最好準備兩套更換使用。

Metal or iron tracheal tube consist of two parts: inner and outer parts, sterilize the inner part everyday, the nurse will replace the outer part with a new one every two weeks.

1) 內管清潔：先以雙氧水浸泡 30 分鐘脫除痰液，再以小刷子洗淨管腔內，清洗後陰乾，待第二天更換前消毒。

Inner tube cleaning: immerse the tracheal tube in hydrogen peroxide water for 30 minutes for the removal of the phlegm, then use a brush to clean the inner tube, let it dry and sterilize before the replacement on the next day.

2) 內管消毒：清潔後的內管放入消毒鍋內，放置冷水，水需淹過管子高度，蓋上鍋蓋煮沸 10 分鐘，待涼後帶上無菌手套取出，以無菌生理食鹽水沖洗後更換並扣上扣板。

Inner tube sterilization: after cleaning the inner tube, place it in the sterilizing pot, put cold water in it, the water should exceed the height of the tube, cover the pot and boil for 10 minutes. Wait till it cools off and take out the tube with the sterilized gloves, cleanse it with sterilized saline then replace and secure the trigger.

3) 外管清潔及消毒：與內管相同，取下後需清潔及消毒，醫護人員更換當日前進行再次消毒，並放置消毒鍋內蓋上鍋蓋，由醫護人員取出。

Outer tube cleaning and sterilization: the same as the inner tube, after removing it, it needs to be cleaned and sterilized, sterilize it again on the day when the nurse replaces it , put it in the sterilizing pot and cover the pot, let the nurse take it out.

05.矽質氣切套管一般不回收使用，若為特殊材質則依廠商指示方式消毒。

Silicon tracheal tube is normally used only once, if it is made of special material, sterilize according to the instructions of the manufacturer.