

# 5 R's FOR SAFE TRACHEOSTOMY CARE

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## RIGHT TUBE –

- Increase Size with age
- Change regular in line with manufacturing instructions
- Correct cuff inflation

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## RIGHT TAPES – Velcro or Cotton

- Secure to 1 finger tightness
- Change Daily
- Clean stoma twice a day
- Observe for signs of breakdown to skin

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## RIGHT HME –

- Limits blockage by secretions
- Right weight (<10kg or Over 10kg)
- Regular saline 0.9% Nebs
- Warm humidification first week or more than 2L O<sub>2</sub>

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## REGULAR SUCTION –

- Right Size (double size of tube)
- Right Depth (1/2 cm longer than tube)
- Right Pressure (according to age)

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## RESUSCITATION AWARENESS –

- Follow the emergency algorithm
- Have Emergency Box available
- Keep Calm