

# Step-by-Step: Suctioning a Child's Tracheostomy

## Suctioning a Child's Tracheostomy.

Explain to your child what you will do, then set up what you need in a clean well-lighted space near a sink. Gather the following: clean disposable powder-less gloves, the suction machine, tubing, and catheters.

You may also have an additional pre-marked catheter to help guide insertion depth, solution such as sterile water or normal saline solution (as instructed by your child's provider), a sterile or clean cup, tissues, and a small towel for the child's neck.

Be sure to also have a resuscitation bag in case of emergency.

Wash your hands with soap and water for at least 20 seconds. Dry them well.

Put on gloves.

Attach the catheter to the suction machine.

Do not touch the end that will go into the trach tube.

Follow the healthcare provider's instructions for level of suction.

Pour the solution into the cup. Suction a small amount of solution into the catheter.

Insert the catheter gently into the child's trach tube only as far as you've been instructed.

During insertion, keep your finger off the suction valve. Once the catheter is inserted, apply suction by covering and uncovering the suction valve.

Keep the catheter in place for as long as instructed by the child's provider.

Twirl the catheter as you remove it.

To clear mucus from the catheter, suction solution into the catheter.

Repeat steps six through nine until the trach tube is clear and makes no more rattling sounds.

When you are finished, turn off the machine.

Remove and throw away the gloves. Throw away the solution. Wash your hands with soap and water.