

氣切造口護理指導(英文版) Tracheostomy Care Instructions

一、何謂氣切造口：

I. What is Tracheostomy?

氣管切開造口為人工的呼吸道，是保持病人呼吸道通暢的管道；如果氣切造口照顧不良，輕者造成呼吸道感染，嚴重者可能導致呼吸道阻塞，發生立即性生命危險，因此隨時保持氣切口清潔、通暢是非常重要的。

Tracheostomy is an artificial respiratory tract that can keep the patient's airway clear. Poor tracheostomy care will result in respiratory tract infection in minor cases or could result in respiratory tract obstruction in some serious cases with immediate life-threatening risk. Hence the cleaning and clearing of tracheostomy are very important.

二、矽膠氣切或一般塑膠套管清潔用物準備：

II. Cleaning materials for silicon tracheostomy or general plastic sleeves:

- 1. 清潔手套 1 付 2. 無菌 Y 紗一包 3. 生理食鹽水 1 瓶或煮沸過的冷開水
- 4. 優碘 1 瓶 5. 無菌棉籤 1 包 6. 紗條 1 卷或氣切固定帶 1 條
- 7. 剪刀 1 把

- 1. 1 pair of cleaning gloves 2. One pack of sterile Y gauze 3. One bottle of saline solution of boiled cold water
- 4. One bottle of iodine 5. One pack of sterile cotton swabs
- 6. One roll of gauze or one strip of trachea securing belt
- 7. One pair of scissors

三、氣切口消毒步驟：III. Steps of Tracheostomy Sterilization:

		
<p>1. 照護者先洗手(若病人痰很多時可以先抽痰)。 1. Caregiver shall wash hands first (draw sputum if the patient has a lot of sputum).</p>	<p>2. 戴上清潔手套。 2. Put on cleaning gloves.</p>	<p>3. 先取下 Y 紗。 3. Remove Y gauze.</p>



4.用生理食鹽水將棉籤沾濕，由氣切口下方由內往外(半圓形)擦拭。

4. Dampen the cotton swabs with saline solution and wipe lower trachea opening inside out (semi-circular).

5.再用生理食鹽水將棉籤沾濕，由氣切口上方由內往外(半圓形)擦拭。

5. Dampen the cotton swabs with saline solution and wipe the upper trachea opening inside out (semi-circular).

6.用優碘將棉籤沾濕，由氣切口下方由內往外(半圓形)擦拭。

6. Dampen the cotton swabs with iodine and wipe the lower trachea opening inside out (semi-circular).



7.再用優碘將棉籤沾濕由氣切口上方由內往外(半圓形)擦拭停留 30 秒。

7. Use iodine to dampen the cotton swabs and wipe from the upper trachea opening inside out (semi-circular) and stay for 30 seconds.

8.再用生理食鹽水將棉籤沾濕，由氣切口下方由內往外(半圓形)擦拭。

8. Use saline solution to dampen the cotton swabs, wipe under the trachea opening inside out (semi-circular).

9.再由氣切口上方由內往外(半圓形)擦拭。

9. Wipe the upper trachea inside out (semi-circular),



10. 將 Y 紗開口朝下固定。
10. Fix the Y gauze opening toward and secure.

11. 更換氣切口的紗條固定帶，紗條用剪刀剪約 45 公分長，先自左側氣切外管或(右側氣切外管)穿出紗條後，約留 5 公分各打一個結，兩邊再交叉到對側，拉緊與原先留下之 5 公分紗條互打蝴蝶結固定，再將多餘紗條以剪刀去除。
11. Replace the gauze securing belt for trachea opening. Cut the gauze with scissors into 45cm of length. Braid through the gauze from the left trachea outer tube or (right trachea outer tube), leave 5cm of length and make separate knots. Cross the two sides to the other side, pull tight to secure with the 5cm left from the previous gauze with a bow before trimming off excess gauze with scissors.

四、注意事項：

1. 氣切固定帶勿在頸後打結，以避免壓迫造成壓瘡。
1. Do not make a knot with the trachea securing belt behind the neck to avoid pressure into pressure sore.
2. 固定帶紗條每日更換，若是用氣切固定帶則免(若氣切固定帶太髒仍需要更換)。
2. Replace the securing gauze every day. Trachea securing belt does not require daily replacement (however the belt will still require replacement if too dirty).
3. 兩側紗條固定約留 2 指寬度，防止過緊或過鬆。
4. The two gauzes are left with the width of 2 fingers to prevent loosening or tightening.
4. Y 紗及氣切固定帶濕了或髒了，需馬上更換。
4. When the Y gauze and trachea securing belt become wet or dirty, replace them immediately.

5.鐵製氣切外管每個月更換一次，可以拿回醫院協助寄消。

5. Replace the outer tube of metal trachea once every month by bringing it back to the hospital for assistance with sterilization.

6.矽膠氣切套管每個月更換一次，一般塑膠氣切套管每星期更換一次。

6. Replace silicon trachea sleeve once every month and replace regular plastic trachea sleeve once a week.

7.鐵製或塑膠氣切內管每次取出消毒(消毒次數視病人管路而定)。

7. Remove metal or plastic trachea inner tube for sterilization (the number of sterilization depends on the patient's tubing).

8.氣切口可自製一透氣蓋子(例如小的藥杯底部扎洞)，蓋住氣切口，防止灰塵或蟲進入。

8. Prepare one ventilated lip for the opening of trachea (i.e. small medicine cup drilled with holes) to cover the opening of trachea and prevent the entrance of dust or insects.

9.如有管子脫落時，應以小鑷子撐開氣切口，立即到院處理。

9. In case the tube detaches, use a small tweezer to open the opening of trachea and rush to the hospital for treatment.

參考資料：


洪麗珍、陳夏蓮、葉明珍(2009)·呼吸系統病人的護理·於林貴滿總校月，內外科護理技術(七版，227-287)·台北:華杏。

若您想對以上的內容進一步了解，請洽諮詢各護理站之護理人員電洽 05-2756000

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2017年06月修訂