

Tracheostomy Change



A PROCEDURAL PREP RESOURCE

By Abbey Schaefer

Why does your trach tube need to be changed?

- A trach tube needs to be clean so that it can do its job to help you breathe!
- That's why your trach tube needs to be switched out with a new, clean one every few

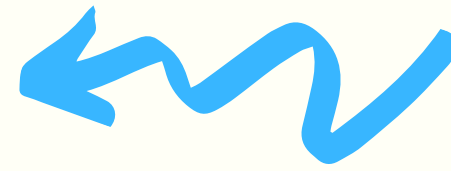
I change my trach when it is dirty, just like I change my clothes when they are dirty!



Supplies

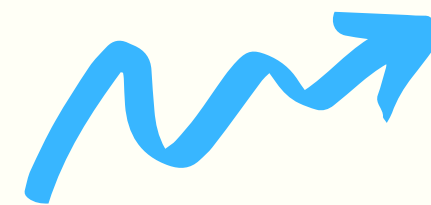


New Trach Tube (With Helper Tube Inside):
Your new trach tube will come with another tube inside of it. Its job is to help lead the new trach to the right spot in your opening! Once it has done its job, the nurse will take out the helper tube.



Gauze:

A gauze is like a soft paper towel that the nurse will use to wipe off your opening once the old trach tube is out of your neck.



Supplies

Saline:

Saline is a special type of water that they use to clean your opening. The nurse will put this on your new tube to help make it easier for the tube to go into your opening.



Tube for suctioning:
They will need the suction tube to suction you before and after they put in the new trach tube.

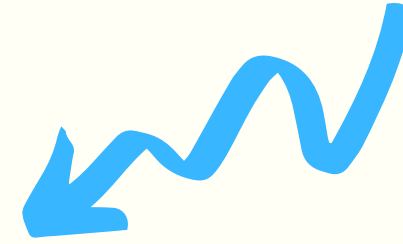


Supplies



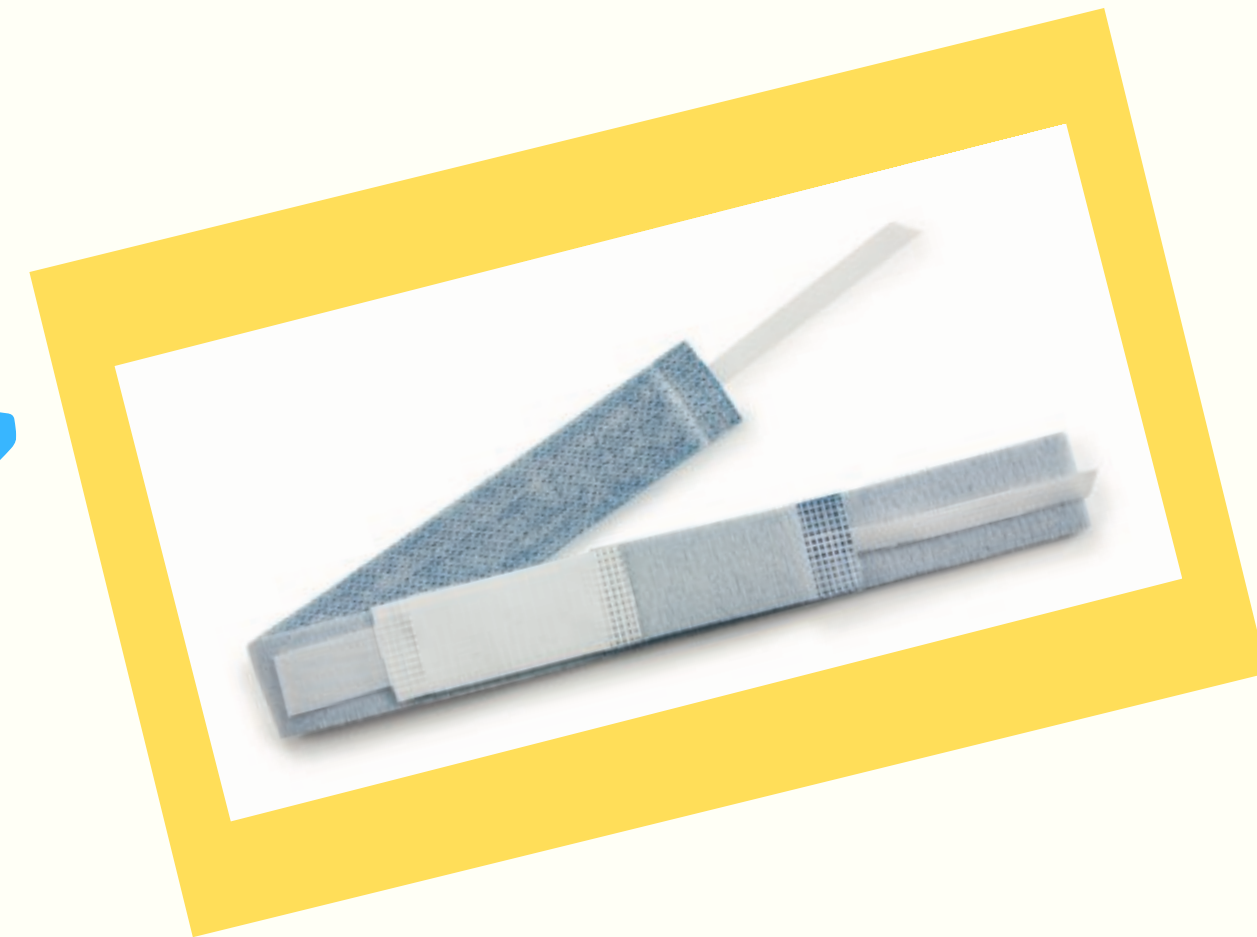
Scissors:

You might see scissors sitting with the supplies. These are just to help cut the gauze and the trach ties. The scissors will NOT touch you.



Trach Ties:

Trach ties are the strings that help to keep your trach tube in place.



STEP 1: GETTING READY

You can either sit up or lay down during your trach change, but you have to keep your neck tall and long like a giraffe so that it is easy to change your trach tube.

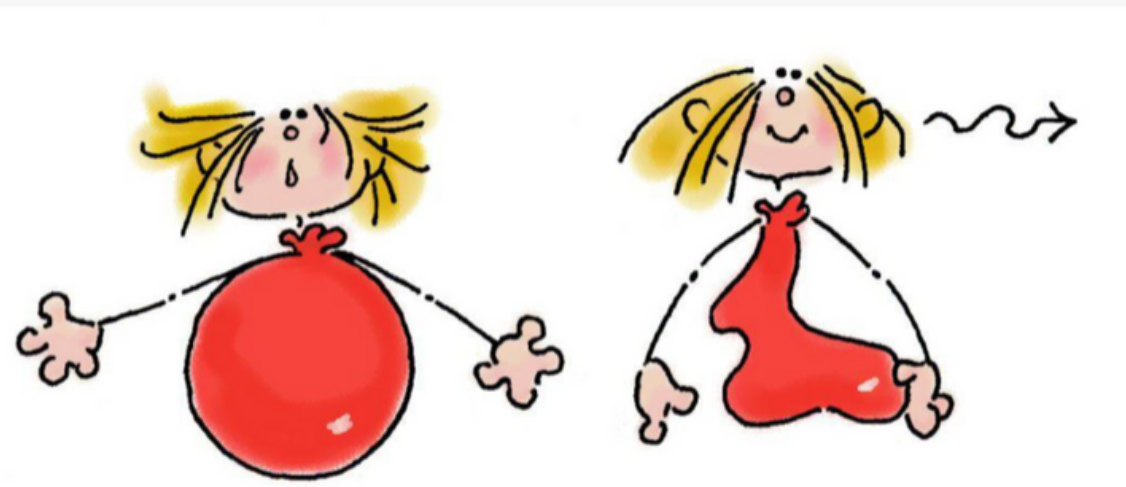
Show me how you make your neck tall like a giraffe!





STEP 2: TAKING OUT THE OLD TUBE

Two people will be there to help take out your tube. One will hold your tube to make sure it doesn't wiggle around and the other person will take the tube out!



Breathe in

Breathe out

WHAT WILL IT FEEL LIKE?

It might feel hard to breathe when they take out the tube. It is important to take deep breaths during this time to help your body get the air it needs. Let's practice!

Let's Practice Deep Breathing!

BREATHE IN

Let's pretend that our belly is a balloon! Try to breathe in all the air you can to make your belly balloon really big.



Breathe in

BREATHE OUT

Now we have to blow all of the air back out of our belly balloon! Let's see how much air you can blow out.



Breathe out



STEP 3: CLEANING YOUR OPENING

After the old tube is out, they will wipe off the opening where your old tube was with the clean pad. This is to make sure it is clean and ready for a new tube!



WHAT WILL IT FEEL LIKE?

The gauze might feel a little cold when it touches your skin. Remember, it might still feel hard to breathe when they wipe off your opening. Your job is to keep taking deep breaths to help your body breathe!



STEP 4: PUTTING IN THE NEW TUBE

When they put the new tube in, one person will help hold your shoulders still and the other person will slide the new tube in the opening.



WHAT WILL IT FEEL LIKE?

You might feel like you need to cough again when the new tube is put in. This is ok and will not mess up the trach change.



STEP 5: PUTTING ON THE TRACH TIES

To help hold your new trach tube in place, they will put new ties on that wrap around your neck.



WHAT WILL IT FEEL LIKE?

The trach ties will not hurt your neck and they will check to make sure they are not too tight.

How You Can Help!



Hold really still like a
statue!



Watch a video or read a
book with the Child Life
Specialist



Keep your head up and
look straight forward
(remember the giraffe?)



Remember to keep
taking deep breaths!

Video Resource

TRACH CHANGE LAYING
DOWN:

[HTTPS://WWW.YOUTUBE.COM/WATCH?
V=RNEVJZF9LIC](https://www.youtube.com/watch?v=RNEVJZF9LIC)

Adaptations for Teens

PROVIDE MORE DETAILS

Tell the teen more about the supplies and what is happening before and during the procedure.

GIVE CHOICES

Let the teenager make choices about who they want to do the trach change and what they want to do during the change.



Adaptations for Toddlers

INCREASED DISTRACTION

Keep a child focused on
the distraction and
provide less procedural
explanation

COMFORT POSITIONING

Have a trusted caregiver
sit with the child on their
lap or lay with them
during the procedure



Adaptations for Infants

USE OF A PACIFIER

Allow the infant to suck on a pacifier during the procedure. This is a calming experience for the baby.

COMFORT POSITIONING

Swaddle the baby or tuck their arms and legs into their body during the procedure. This makes them feel safe!



RESOURCES

Cincinnati Children's. (2017, June 15). How To Do a Routine Trach Change.

Seattle Children's. (2018). Tracheostomy Tube Change. Retrieved from Seattle Children's :
<https://www.seattlechildrens.org/pdf/PE1451.pdf>

St. Jude Children's Research Hospital. (n.d.). Do You Know: Changing a Trach Tube. Retrieved from St. Jude Children's Research Hospital: <https://www.stjude.org/treatment/patient-resources/caregiver-resources/patient-family-education-sheets/tracheostomy-care/changing-a-trach-tube.html> Staff, S. K. (2017, August 9).

Tracheostomy: How to Change Your Child's Tracheostomy Tube. Retrieved from About Kids Health: <https://www.aboutkidshealth.ca/Article?contentid=2467&language=English>