Tracheostomy Stoma Care Protocol

**Purpose:** Properly and safely perform tracheostomy stoma care; Prevent infection and skin breakdown

**Clinical Considerations:** Patient may have ordered topical medications or specialized dressings. Frequency of care will vary from patient to patient.

**Assemble Supplies:**
- Clean gloves
- Tracheostomy care kit if available
- Gauze
- Cotton swabs
- Cleaning agent: normal saline or mild soap and tap water per physician’s order
- Prepared tracheostomy dressing and topicals if required.

**Preparation:**
1. Check physician’s order for detailed instructions specific to the patient.
2. Explain and prepare the patient for the procedure.
3. Prior to performing the procedure, assemble appropriate supplies and plan all actions.
4. Utilize appropriate infection control techniques while preparing, using, and discarding supplies.
5. Position patient to optimize ease of procedure. Use shoulder roll or other positioning device as appropriate to hyperextend neck if necessary.

**Procedure:**
1. Wash hands or use hand sanitizer as appropriate and apply clean gloves using clean technique.
2. **Swaddle pediatric patient if necessary or have one-person hold patient in comfortable, secure position for procedure.**
3. Dip cotton swab into cleaning agent.
4. Using cotton swab, clean between the tracheostomy tube and patient’s skin from the stoma outward.
5. Repeat using a fresh cotton swab each time until entire stoma is clean.
6. Rinse the area using clean cotton swabs dipped in tap water.
7. Use dry gauze pad to pat lightly around the stoma.
8. Apply topical medications if prescribed.
9. Place dressing by tucking under tracheostomy tube ties if appropriate.
10. Properly dispose of or clean all supplies.
11. Document the procedure, including tolerance, status of the skin and stoma, presence of blood, odor, secretions, granulation tissue.
12. Contact Independence Plus immediately with issues related to breakdown noted around stoma.