## 5 R’s FOR SAFE TRACHEOSTOMY CARE

### RIGHT TUBE –
- Increase Size with age
- Change regular in line with manufacturing instructions
- Correct cuff inflation

### RIGHT TAPES – Velcro or Cotton
- Secure to 1 finger tightness
- Change Daily
- Clean stoma twice a day
- Observe for signs of breakdown to skin

### 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 O2

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

### RESUSCITATION AWARENESS –
- Follow the emergency algorithm
- Have Emergency Box available
- Keep Calm