

SUCTIONING YOUR CHILD (ORAL & NASOPHARYNGEAL) AT HOME

HEMOCARE GUIDELINE [®]

Suctioning may be done for many reasons, you will have been asked and educated on the reasons your child needs suctioning. The following are hints on how to manage suctioning at home. The aim of suctioning your child is to stimulate a cough and to suction the secretions produced.

If you are at all worried about your child's condition, airway or effort of breathing do not hesitate to seek medical advice.

Equipment you will need:

- **Suction Unit** - there are many different types of suction units available so please ensure you feel comfortable using the one you have hired or received from PADP/ENABLE
- **Suction Catheter**
- **Water** in a small dish/bowl - *this must be changed at least every 24 hours*

Signs that may tell you your child needs suctioning

(to be completed by the Physiotherapist):

Special instructions on how to suction your child:

A Physiotherapist or Nurse will have shown you the suction technique and how to measure the depth you need to suction to. Special suctioning instructions for your child:

What to do

- Turn on your suction unit and check to make sure it is working - can you feel the suction pressure?

- Have the small bowl of water handy to flush your suction catheter or you may like to test the suction by sucking up some water
- Make sure you have your child in a position, which will allow you to suction comfortably - head must be turned to the side or the child lying on his/her side
- Wash your hands
- Attach the suction catheter to the tubing attached to your suction unit & turn on
- Using the technique shown to you by the physiotherapist you can now continue to gently suction your child.

Handy Hints

- Suction catheters are meant to be used once then discarded - however if using them for nasal or oral suctioning - they may be re-used for 24 hours if kept clean & dry - wash with warm soapy water - rinse and store in a clean container
- Suction catheters, which have fallen on the ground or touched something very dirty, should be thrown away
- You do not need to wear gloves when suctioning your child, however if you wish to they can be purchased from the appliance centre or from your supermarket
- It is recommended to record the number and type of suctionings required by your child during illnesses, thus providing a report to health care team members.\

Special Instructions or Information:

Cleaning the suction unit:

It is important to keep your unit clean and free of any old fluids - if you are using it regularly then it **must** be done every 24 hours or if irregularly after each use.

Please check the instruction manual for your unit on how to take the unit apart for cleaning - if unsure ask a nursing staff member for advice before you are discharged

1. Turn off the power and unplug from the power point
2. Take the pieces apart & empty - this includes the plastic container and tubing
3. Using household bleach solution (1 part bleach and 9 parts water) rinse the plastic holding container and tubing thoroughly
4. Rinse with warm water to remove the household bleach solution from the tubing and container
5. If the tubing is brittle or very discoloured it is important to replace it
6. Dry the equipment and place it back in the machine

Special Note for children on Oxygen at Home: Before you start suctioning make sure you have your oxygen supply nearby in case you require it during