

Stoma Care

Cleaning around the stoma with normal saline and drying gently as needed, will assist in maintaining the stoma and surrounding skin. Change any dressings daily or as needed and keep the stoma and surrounding skin clean and free from excess moisture.

Tracheostomy Multidisciplinary Team

The team's purpose, responsibility and scope of activities:

- Provide a tracheostomy referral pathway for the multidisciplinary team, opening communication and planning in conjunction with the treating team.
- Maintaining standards of care for tracheostomy patients on the wards and outpatient areas.
- To provide regular review by relevant health professionals regarding tracheostomy care (speech pathology, physiotherapy, medicine and dietetics).
- To provide education and training to staff and tracheostomy patients.

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About Calvary

Founded in 1885 by the Sisters of the Little Company of Mary, Calvary is a charitable, not-for-profit, Catholic health care organisation. Our mission is to provide quality, compassionate health care to the most vulnerable, including those reaching the end of their life. With over 18,000 staff and volunteers, we have a national network of 14 Public and Private Hospitals, 72 Residential Care and Retirement Communities and 19 Community Care service centres.



Mater Newcastle

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Tracheostomy Review and Care (TRAC)



Mater Newcastle

Continuing the Mission of the Sisters of the Little Company of Mary

Calvary Mater Newcastle is a public hospital and a major cancer care centre within the Hunter New England Local Health District network.

Tracheostomy Review and Care (TRAC) is a service provided by the tracheostomy multidisciplinary team.

Helping to keep you on TRAC

On discharge we will provide:

- An individual care plan.
- Emergency procedure check list.
- Assistance to setup with EnableNSW and equipment to assist with your own tracheostomy care at home until EnableNSW provides equipment.
- Regular review by TRAC nurse.

We aim to provide ongoing care to all our tracheostomy outpatients.

Each time you have a visit with your treating team, i.e. doctor or radiation therapist, please contact the ward so a tracheostomy team nurse can review you.

The TRAC team will provide ongoing education about tracheostomy care. Our aim is to assist you in being able to maintain your own care, allowing you to live in the community independently.

The review will include but is not limited to:

- Mouth and stoma check
- Blood pressure check
- Weight check
- Bowel assessment
- Trouble shooting any ongoing issues

Emergencies

While you're at home, remember, whatever you think is an emergency...

...is an emergency

Emergencies are the most frightening situations that you may face.

Not all emergencies will turn out to be life threatening, nor will they be seen by everyone as real emergencies.

- Remember to **stay calm**.
- If anyone else is around, ask them for help.
- Assess your emergency.
- What is the problem?
- Start emergency care procedures as per your care plan.
- Call 000 ambulance and let them know you have a tracheostomy.

Humidification

A tracheostomy bypasses the body's normal humidification system i.e. the mouth and nose. This means the air you breathe in has very little humidification making it dry. This is why humidification is so important.

Humidification warms and moistens the air you breathe assisting in preventing the secretions you produce becoming too thick and potentially blocking your tube. Always have your Swedish nose in place and have regular nebuliser's.



Oral Care

While you have a tracheostomy you will have altered upper airway function, therefore regular mouth care is essential to maintain a healthy mouth. Effective oral care helps reduce the risk of infection.

