The TRACHES Checklist

Adults

The simple things you need to do to look after an adult patient with a Tracheostomy

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TAPES AND DRESSINGS

Ensure tapes are not too loose or too tight; you should be able to pass two fingers beneath the tape. The dressing is protecting the tracheostomy stoma.

RED FLAGS

Know signs and **symptoms** that the tube is **blocked** or displaced.

ASSESSMENT OF THE **INNER TUBE**

Always in place. Must be checked and **cleaned** regularly. Ensure spare available in bed area.

CUFF PRESSURE

Know how to use manometer to check cuff **pressure** is at 20-25cmH₂O.

HUMIDIFICATION AND OXYGEN

> Always use additional humidification. using most appropriate method to suit patient need.

EMERGENCY MANAGEMENT

Ensure emergency box, algorithm and bedhead sign are in place. Know the algorithm!

> Scan the QR code to view the emergency algorithm



SUCTION

Know the indications for suction.

Regularly assess the need for suction, use correct size catheter for trache and ensure optimal suction technique.

