

inSan Chronic Hospital • JinSan Nursing Home



#### 抽痰技巧注意事項 Notes for Sputum Drawing Techniques

- 抽痰之用物準備 Preparation for Sputum Drawing supplied
  - 1.抽痰機
  - 2.抽痰管(成人 12-14Fr、小孩 8-10Fr)
  - 3.清水一杯氧氣機
  - 1. Sputum drawing machine
  - 2.Sputum drawing tube (12-14Fr for adult and 8-10Fr for children)
  - 3.Oxygen machine with one cup of clean water.
- 二 抽痰順序 Sputum drawing order tracheostomy

氣切內管→鼻腔→口腔

tracheostomy→ Nasal cavity→ Oral cavity

- 三 抽痰操作流程 Sputum Drawing Procedures
- 1.操作前後需洗手。
- 2.抽痰前後先給予 100% 氧氣 1 分鐘。
- 3.打開抽吸導管的塑膠封口,並以一手戴上無菌手套將無菌抽吸導管取出,連接抽痰機,注意管子不要碰觸其他物品。



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- 4.選擇適當的壓力,(成人: 80-120 mmHg; 小孩及出血傾向者: 不 超過 100 mmHg)。
- 5.插入抽吸管時不要按住壓力口,若遇阻力,再回抽約一公分(氣切者插入深度約 10-1 公分),抽痰時以持續或間歇壓力抽吸,且抽吸時以拇指與食指輕輕轉動慢慢將導管抽出。
- 6.抽吸後將抽吸管放入抽吸清水瓶內抽吸,清洗抽吸引流管,將痰液引流至抽吸瓶內。
- 1. Wash hands before operation.
- 2. Provide 100% oxygen for 1 minute before and after drawing sputum.
- 3. Open the plastic mouth of drawing conduit and wear sterile glove with one hand to remove the sterile drawing conduit. Connect the conduit with sputum drawing machine and avoid touching the pipe with other objects.
- 4. Choose proper pressure (Adults: 80-120 mmHg; children and hemorrhage inclined patients: no more than 100 mmHg)
- 5. Do not press the pressure outlet when inserting the drawing conduit. In case of resistance, reversely draw for 1cm (tracheostomy depth about 10-15cm). Apply consistent or intermittent pressure for sputum drawing in addition to rotating and drawing the conduit slowly with the thumb and index finger.
- 6. After drawing, place the drawing conduit into the drawing



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cleaning bottle for cleaning the drawing conduit and drain the sputum into the drawing bottle.

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# 抽痰注意事項 Pay attention to patient

1. 每次抽吸時間成人不超過 10 秒,小孩不超過 5~8 秒,與下次抽痰間隔 1~2 分鐘。

Each drawing time should not exceed 10 second for adult and 5~8 seconds for child. Wait for 1~2 minutes for next sputum drawing.

 抬高床頭、保持呼吸道通暢(若有氣切造口應避免紗布或被蓋壓迫 到氣切口)、恢復原來氧療狀態。

Lift up the bed and keep airway smooth (in the event of tracheostomy, avoid compressing the tracheostomy with gauze or blanket), and restore to the previous oxygenotherapy.

3. 抽痰時應注意病人反應,若有發紺、心律不整、心搏過速等現象, 則應立即停止抽痰,並給予高濃度氧氣。

Pay attention to patient reaction during sputum drawing. In the event of cyanosis, cardiac arrhythmia and tachycardia, stop



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sputum drawing immediately and provide the patient with high-concentration oxygen.

4. 灌食後30分鐘內請勿抽痰,以免造成嘔吐.

Do not draw sputum in 30 minutes after feeding to avoid vomiting.

5.收集瓶液面超過 1 / 2 以上時,得予更換或清洗重覆使用。 When the collection bottle surface exceeds ½, change or clean the bottle for repeated use.

6.若無法排除氣切套管阻塞情形時,請告知居家護理師協助安排處理 或將個案送醫送至本院急診室或附近醫院就診。

In case the tracheostomy tube obstruction could not be eliminated, notify the home nurses to assist with arranging and processing or delivering the case to hospital for medical treatment at the hospital ER or nearby hospitals.

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