

Learning How To Care For My Tracheostomy

My Learning Journal

This booklet belongs to: _____

Respiratory Services

It is important that both you and your caregivers at home learn how to care for your tracheostomy.

You will learn from a number of different healthcare professionals.

This booklet lists everything you need to know. Use this booklet to keep track your learning.

At any time, if you feel you need to review something or are not sure of something, just ask and we will teach you so that you feel confident to care for yourself at home.

We are here to help you!!

To track your learning, write the date you learned the topic and initial the date.

Caring for My Tracheostomy	Date	Me (initials)	My Caregiver (initials)
Breathing basics			
<ul style="list-style-type: none"> ▪ I can explain in general how I breathe and how my breathing system works. 			
<ul style="list-style-type: none"> ▪ I can describe the structure of my windpipe (upper airway) including where my vocal cords are. 			
<ul style="list-style-type: none"> ▪ I can explain why humidity, warming, and filtering is important to my breathing. 			
Comments			
Breathing with a tracheostomy tube			
<ul style="list-style-type: none"> ▪ I can explain what a tracheostomy is. 			
<ul style="list-style-type: none"> ▪ I can explain why I need a tracheostomy. 			
<ul style="list-style-type: none"> ▪ I can describe where the tracheostomy is placed in my neck. 			
<ul style="list-style-type: none"> ▪ I can explain how I breathe with a tracheostomy. 			
Comments			

Caring for My Tracheostomy	Date	Me (initials)	My Caregiver (initials)
Safely living with a tracheostomy			
<ul style="list-style-type: none"> ▪ I can describe how to safely bath or shower. 			
<ul style="list-style-type: none"> ▪ I can show how to safely eat and swallow. 			
<ul style="list-style-type: none"> ▪ I can explain what clothing is best and how to dress to protect my tracheostomy. 			
<ul style="list-style-type: none"> ▪ I can explain how I will do various physical activities and protect my tracheostomy. 			
<ul style="list-style-type: none"> ▪ I can explain how I would protect my tracheostomy when travelling. 			
Comments			
Managing secretions			
<ul style="list-style-type: none"> ▪ I can explain why it is important for me to drink water. 			
<ul style="list-style-type: none"> ▪ I can show how to correctly cough to clear mucus from my windpipe. 			
<ul style="list-style-type: none"> ▪ I can explain what I need to do to keep mucus thin. 			
<ul style="list-style-type: none"> ▪ I can show how to correctly suction myself through my tracheostomy. 			
Comments			

Caring for My Tracheostomy	Date	Me (initials)	My Caregiver (initials)
Preventing chest infections			
<ul style="list-style-type: none"> ▪ I can describe ways to keep myself healthy. 			
<ul style="list-style-type: none"> ▪ I can describe what to watch for that tells me I might have a chest infection. 			
<ul style="list-style-type: none"> ▪ I can explain why it is important for me to wash my hands often. 			
Comments			
Following up in the community			
<ul style="list-style-type: none"> ▪ I can describe when and how often I need to see my family doctor or nurse practitioner. 			
<ul style="list-style-type: none"> ▪ I can describe when and how often I need to see my specialist. 			
<ul style="list-style-type: none"> ▪ I can describe the supports available to me in my community. 			
Comments			



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This information does not replace the advice given to you by your healthcare provider.

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