



# Tracheostomy Classes in the Hospital and Preparing for Home

Watch these trach videos on GetWell Network at your bedside:

- Parent Talk
- The Basics
- Suctioning
- Daily Care
- Changing the Tube
- Troubleshooting

Children with tracheostomy tubes require special care. Before your child leaves the hospital, Respiratory Discharge will teach you how to care for your child with a trach at home.

We will set up the training schedule after your child:

- Had their first trach change by OTO doctors
- Is medically stable
- Is on home care equipment
- Had a transition care conference to transfer care from the ICU to your new medical team
- Has moved from the ICU to the medical floor

## Trach class information

- Once home, your child must be in the care of a fully trained adult caregiver at all times. We recommend that 2 to 4 people be trained. Please choose adult family members or close friends. We want everyone to train at the same time so it will not delay your child's discharge from the hospital.
- Classes are normally scheduled from 10 a.m. to 12 p.m. and 2 p.m. to 4 p.m. during the weekdays. This class time is one-on-one training with just your family's caregivers.
- Each class is 2 hours, 2 to 3 times per week.
- If your child has a trach only, you will need about 14 hours of training – that's seven 2-hour sessions.
- If your child has a trach and needs a ventilator to help them breathe, you will need about 28 hours of training – that's fourteen 2-hour sessions.
- If you need to reschedule your class for any reason, call Respiratory Discharge at 206-987-2258. Leave a message and we will return your call. We may be able to fit another family into this time and we will reschedule your class.
- Classes happen both in a training room and at the bedside working directly with your child.
- Please plan to turn off your cell phones during class.
- Brothers and sisters cannot be in the room with you during class. Please make childcare arrangements for siblings. If you need childcare, we will request a Child Life volunteer ahead of time to care for the sibling during your classes.
- Once you have completed all of your classes, you will practice these skills with staff until you become confident and comfortable.

If you are sick, please do not come to class. Call Respiratory Discharge at 206-987-2258 to let us know and we will reschedule your class.

### To Learn More

- Respiratory Care  
206-987-2258
- Ask your child's  
healthcare provider
- [www.seattlechildrens.org](http://www.seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask  
your child's nurse.
- From outside the  
hospital, call the  
toll-free Family  
Interpreting Line  
1-866-583-1527. Tell  
the interpreter the  
name or extension you  
need.

- Before your child is ready to leave the hospital, you will need to do a rooming-in trial. This is where each caregiver will spend 24 to 72 hours in the hospital doing all of your child's care. Your bedside nurse will go over the expectations and instructions of the rooming-in trial. Nurses and respiratory therapists will be on hand if questions arise.

### Discharge planning and home care coordination

- We will help you choose a Durable Medical Equipment (DME) company that will supply the respiratory equipment, trachs and supplies that you will need for home.
- A nurse care coordinator will be working with you to choose a nursing agency in your area. Once you have chosen an agency, the nurse care coordinator will work with you to set up interviews with potential home nurses, and guide you through the process of staffing at home.

### Steps to Going Home - My Checklist

I will be ready to take my child home after completing some important tasks during my hospital stay. Many of these steps are part of the Trach Road Map.

- 1. My child had their first trach change by OTO doctors.
- 2. My child is medically stable on home equipment.
- 3. I had a transition care conference to transfer care from the ICU to my child's new medical team.
- 4. I received a Tracheostomy Care Notebook with the Trach Road Map from my nurse care coordinator.
- 5. My child moved from the ICU to the medical floor.
- 6. RT Discharge met with me to set a trach training schedule and has given each caregiver a Tracheostomy Handbook.
- 7. I have started attending trach classes and watching assigned videos.
- 8. My Durable Medical Equipment (DME) company and the home nursing agency have been chosen.
- 9. The portable equipment has been delivered and taught to my family caregivers.
- 10. My child had a Trach Safe airway evaluation.
- 11. My family caregivers have completed training.
- 12. Family caregivers have successfully completed our rooming-in trial.
- 13. The equipment and supplies are set up at home and my family is fully trained by the Durable Medical Equipment (DME) company.
- 14. The PSO (Patient Specific Orientation) is set with the home care nurses. This is an overview of my child's care needs for home.

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Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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