

# Tracheostomy Nursing Service

## A Guide for Patients, Families and Carers

### Our Philosophy

'We are committed to the delivery and improvement of a co-ordinated and standardised specialist nursing service for our patients and those who care for them.'

### What is a tracheostomy?

A **tracheostomy** is an opening (called a **stoma**) through the front of your neck and into your **trachea** (windpipe). A curved plastic or silver tube (called a tracheostomy tube) is placed through the opening and into the trachea. The tracheostomy tube will help you breathe. The external parts of the tube remain outside of the opening and are held in place with tapes around your neck.



### Your tracheostomy

You have needed a tracheostomy during your admission to hospital. Your medical team will be able to explain why you need a tracheostomy as part of your treatment plan. The tracheostomy tube may be temporary and could be removed before you are discharged. However, your individual needs may need a long-term or even permanent tube and you may continue to need your tracheostomy after you have left the hospital.

## What is the Tracheostomy Nursing service?

We are a nursing service dedicated to all patients within Addenbrooke's Hospital and the Cambridge area, who have a tracheostomy. We have a responsibility to adults, children and premature babies:

- based within the hospital
- in continuing care
- or at home.

## What can our service offer you?

We are able to provide support to patients, their families and carers.

This includes:

- Specialist nursing service for clinical issues and management of your tracheostomy.
- A point of contact and resource during your hospital stay and after you are discharged.
- Working with the wider tracheostomy team (Medical staff, Physiotherapists and Speech and Language Therapists) in order to deliver the most appropriate treatment plan for you.
- Responding to any clinical changes and helping manage problems which may occur.
- Ensuring you have the most suitable tracheostomy tube and accessories for your individual clinical requirements.
- Co-ordinating tracheostomy tube changes.
- Training and educating you with the skills you will need to manage your tracheostomy independently.
- Assisting in the discharge planning process to ensure you are safe and supported.
- Providing recommendations and suggestions to promote your quality of life with your tracheostomy.
- Providing continuing care following your discharge to ensure your ongoing and changing tracheostomy needs are met.

## How to contact us

Monday to Friday 0900 – 1600, Telephone 01223 348679

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Tracheostomy Nurse Consultant

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Tracheostomy Practitioner

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Tracheostomy Practitioner

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We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

### Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

[patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)



### Document history

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