

Patient Information

- 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:

Claudia Russell

Nurse Consultant in Tracheostomy Management

Claire Scase

Tracheostomy Support Sister

Monday – Friday (09.00-15.00)

01223 217425 (24 hour message service)

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Patient Information

This document is also available in other languages, large print and audio format upon request – 01223 216032 or patient.infromation@addenbrookes.nhs.uk

本文件也可應要求，製作成其他語文或特大字體版本，也可製作成錄音帶。

Cantonese

आ इस्तावेज विनंती करवाथी बीछ भाषाओ, मोटा छापेला अक्षरो अथवा ओडिओ रचनामां पण भणल रछेशे.

Gujarati

A richiesta questo documento è anche disponibile in altre lingue, a caratteri grandi e in formato audio.

Italian

ئەم بەلگە بە ھەروەھا بە زمانەکانی کە، بە چاپی درشت و بە شەرتی تەسجیل دەس دەکەوێت

Kurdish

درخواست پر یہ دستاویز دیگر زبانوں میں، بڑے حروف کی چھپائی اور سننے والے ذرائع پر بھی میسر ہے۔

Urdu

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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.