

## 一、抽痰的目的

1. 維持呼吸道通暢。
2. 預防分泌物滯留導致的感染與肺擴張不全。
3. 改善氧氣與二氧化碳的互換功效。

### I .Purposes

1. To maintain a patient airway.
2. To prevent infection and incomplete lung expansion due to the retention of secretion.
3. To improve the oxygen-carbon dioxide exchange efficiency.

## 二、適用對象

無法自行清除口鼻分泌物者。

### II .Who needs sputum extraction?

Those who can not clear themselves of secretion from the nose or mouth.



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## 三、方法

1. 抽痰前後皆須給予100%氧氣1分鐘。
2. 將抽吸壓力表開關打開，調至壓力120-150mmHg；嬰幼兒，壓力60-100mmHg。
3. 抽痰順序為：先由氣管內管或氣切造口，接著鼻腔然後口腔。
4. 插入深度，口鼻15-20公分，抽痰管插入時，不能按壓抽痰管控制口，以防黏膜受損、缺氧。
5. 抽吸時，抽痰管做360度旋轉，應持續性按壓抽痰管控制口。
6. 每次抽痰時間以不超過15秒為原則，需間隔60秒再抽痰，以免缺氧。
7. 抽痰後，以清水洗淨管壁，以防細菌滋生。
8. 關掉抽痰壓力表開關。
9. 抽痰後，觀察病人的生命現象變化。
10. 將抽痰管、手套反折後，丟棄於感染性可燃垃圾袋。

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# 如何 為病人抽痰

## How to extract sputum for patients

### III. Methods

1. Give 100% oxygen for 1 minute before extraction.
2. Turn on the suction machine and adjust the pressure to 120 ~ 150 mmHg. For infants and babies, keep the pressure at 60 ~ 100 mmHg.
3. Extract the secretion from endotracheal tube or tracheostomy first, then from the nose and lastly from mouth.
4. The depth of insertion of the suction tube should be 15 to 20 cm into the mouth or nose. Do not press on the control opening on the extraction tube while inserting in order to prevent damage to the mucous membrane or oxygen deficiency.
5. Press on the control opening to initiate suction and swirl the suction tube to facilitate thorough clearance of the secretion.
6. Each extraction should not last longer than 15 seconds. Allow a sixty-second break between extractions to avoid oxygen deficiency.
7. Clean the suction tube with clean water after extraction in order to prevent bacterial growth.
8. Turn off the suction machine.
9. Watch the patient's vital signs after extraction.
10. Fold the used suction tube and hold it in your hand while you remove the glove so that the suction tube is encased in the inversed glove.
11. Discard them into the combustible garbage bag that is specified to be used for contagious material.

### 四、注意事項

1. 抽吸過程中要維持無菌避免感染。
2. 注意抽吸的壓力，避免吸力過大造成創傷。

### IV. Special Notes

1. Maintain aseptic conditions during extraction to prevent infection.
2. Watch the pressure during extraction because high pressure may cause trauma.

敬祝您

身體健康 平安吉祥

Wish you

Healthy & Peaceful

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