

# 抽痰之護理指導【英文版】

## Nursing Guidelines for Mucus Suction

壹、目的：協助病人清除呼吸道痰液並維持呼吸道通暢。

I. Purpose: To help the patient removing mucus in the airway and keep the airway clear.

貳、抽痰時機：病人呼吸音有痰音（呼嚕聲）、進食或管灌食前。

II. When is the best time to perform mucus suction:  
The patient has abnormal or rough (coarse) breathing sounds, or before each meal or nasogastric tube feeding.

參、抽痰前準備？

一、準備用物：抽痰機、抽痰管及清水一杯。

二、依醫囑執行蒸氣或吸入稀釋痰液藥物，並給予病人姿勢引流及拍背或給 100% 氧氣約 1 分鐘。

三、選擇適當管徑的抽吸管，成人：10~14Fr. 兒童：10~12Fr.。

III. Preparation:

1. Equipment: Mucus suction machine, suction catheter, and a cup of water.

2. Directly inhale the mucus-thinning drug according to doctor's instructions or using a nebulizer. In the meantime, perform postural drainage and percussion or give the patient pure (100%) oxygen for about 1 minute.

3. Choose the catheter with proper diameter (Adult: 10-14Fr.; Children: 10-12 Fr.)

肆、執行抽痰步驟？

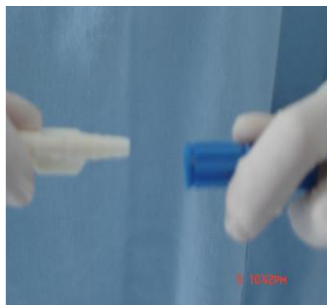
一、洗手。

二、協助病人抽吸時採半坐臥式。

三、打開抽痰機開關，測試抽吸壓力（成人 120~150mmHg，

小孩 80~120mmHg)，若無抽吸力或抽吸力不足則檢查抽痰機之各個連接管是否有鬆脫。

- 四、將無菌抽痰管包裝封口稍微撕開，再將無菌抽痰管與抽痰機之橡皮管連接(如圖一)。
- 五、取出無菌抽痰包內無菌手套，戴上無菌單隻手套並抽出抽痰管(如圖二)。
- 六、將抽痰管輕柔放入，抽痰管放入時不能按住控制口(如圖三)。



圖一 Fig. 1



圖二 Fig. 2



圖三 Fig. 3

- 七、抽吸管由病人的氣切造口處、口鼻插入抽吸管，以使用一次為原則。
- 八、依序先抽氣切造口(如圖四)，再抽鼻腔(如圖五)、口腔(如圖六)；抽完口腔後不可再回抽鼻腔及氣切造口。



圖四 Fig. 4



圖五 Fig. 5



圖六 Fig. 6

- 九、插入深度：口鼻約 5~20 公分(勿強行插入)，氣切口 12.5~15 公分。動作請輕柔，以避免造成黏膜破損。
- 十、按住控制孔，輕輕轉動痰管往外抽，抽吸時間每次不超過 15 秒，抽吸次數視病人情況而定，二次間隔應 3 分

- 鐘以上，其間並給予病人充分之氧氣。
- 十一、抽吸過程中，病人如有臉色發黑、發白或盜汗反應，應立即停止抽吸，並立即給予氧氣。
  - 十二、抽吸畢，以清水將管內痰液沖洗乾淨，將手套及抽痰管一併丟棄。
  - 十三、洗手。
  - 十四、觀察病人呼吸情形並記錄痰液性質，如有異常通知/諮詢居家護理師。

#### IV. Procedures

1. Wash hands.
2. Assist the patient to take a half-sitting position.
3. Turn on the suction machine and test the vacuum pressure (Adults: 120-150 mm Hg; Children: 80-120 mm Hg). If there is no pressure or the pressure is not strong enough, check whether the connecting tubes of the suction machine are loose.
4. Tear open a small edge of the sterile catheter kit and connect the catheter to the vacuum tubing (Fig. 1).
5. Take out and put on the sterile gloves, and then take out the suction catheter (Fig. 2).
6. Gently insert the catheter. Do not depress the control valve while inserting the catheter (Fig. 3).
7. Insert the catheter through the patient's tracheostomy, nose and mouth. The catheter should only be used once.
8. Suction the tracheostomy (Fig. 4) first, and then the nose (Fig. 5) and mouth (Fig. 6), with the procedures carried out in reverse order not allowed.
9. Depth of insertion: The catheter should be inserted 5-20 cm in the mouth or nose (do not force insertion if resistance is felt); 12.5-15 cm in tracheostomy. Please move gently to avoid damage to the nasal mucosa.
10. Rotate and withdraw the catheter slowly while depressing the suction control valve. Each suction session should not exceed 15 seconds. Decide the number of

suctions needed based on the patient's condition, and there should be at least 3 minutes gap between each suction session. Supply the patient with oxygen during the procedure.

11. If there is color change or sweating noticed during the suction, stop the suction immediately and supply the patient with oxygen.
12. When the suction is done, clean the tube with water and dispose the gloves and suction catheter.
13. Wash hands.
14. Observe the breathing pattern of the patient and record the appearance of mucus. Notify/consult the home care nurses immediately if any abnormality is noticed.

#### 伍、諮詢服務電話

(02)89667000 轉 2812 (居家護理)  
(02)89669000 (預約掛號專線)

#### V. Consulting service line

(02) 89667000 #2812 (Department of Home Care)  
(02) 89669000 (Special line for appointment)

#### 陸、參考資料

亞東紀念醫院護理部抽痰技術 (W15000-01-008)。

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## 柒、複習一下

問題 1：( )協助病人清除呼吸道痰液前，應先給予病人姿勢引流、拍背或給 100% 氧氣。

問題 2：( )抽吸壓力（成人 120~150mmHg，小孩 80~120mmHg）。

問題 3：( )抽吸畢，以清水將抽痰管內痰液沖洗乾淨後晾乾，下次還可以再用。

### 正確答案

問題 1: 0 問題 2: 0 問題 3: X

## VII. Quick Quiz

Q1:( ) Before assisting the patient to remove the sputum from the respiratory tract, the patient should be given postural drainage, chest percussion or 100% oxygen.

Q2:( ) The vacuum pressure (Adults: 120-150mmHg; Children: 80-120mmHg)

Q3:( ) When the suction is done, wash away the sputum in the catheter tube with water and dry it for next time's use.

Correct answer: Q1: True; Q2: True; Q3: False

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