

## Oral and Nasal suction – Information for parents and carers

Addressograph	
Name:	_____
Address:	_____
	_____
DOB:	____/____/____
NHS No.	_____



### Signature of care givers

Name/NMC Stamp	Name/NMC Stamp
Role	Role
Signature	Signature

Name/NMC Stamp	Name/NMC Stamp
Role	Role
Signature	Signature

The aim of this leaflet is to ensure that parents/carers will feel safe and confident in giving oral or nasal suction.

Following training and reading this leaflet you should:

- Have a basic understanding of the basic anatomy
- Know the reasons why a child might need suction
- Demonstrate a working knowledge of the necessary equipment, its maintenance and the correct disposal of waste
- Outline methods of acquiring advice or emergency help

Before you take your child home the staff will:

- Give you appropriate information about your child's suction requirements and instructions relating to the equipment. You will be given a care plan to take home with you for the professionals involved in your child's care to record care given
- Ensure that you and anyone involved in caring for your child has adequate training. Formal training sessions for other carers can be arranged with the Children & Young Peoples Home Care Team (C&YPHCT) on 01270 612071
- Ensure that you have adequate supplies.

The C&YPHCT supply new suction catheters.

### **Reasons suction may be required**

- Bubbling sound due to mucus in the mouth or nose.
- Mucus can be seen clearly in the mouth or nose.
- The child is having trouble breathing and your child:
  - Becomes pale/cyanosed
  - Has an increased rate of breathing
  - Becomes restless

## Possible problems with a suction

Problem	Solution
<b>Dry sticky secretions</b>	Check that the child has had enough fluids especially on hot days Check that the child's medication is being given as prescribed
<b>Altered colour of secretions</b> (usually white or clear)	Discuss with C&YPHCT or Physiotherapist as the child may need a sputum specimen collected to check for infection
<b>Trauma to mucous membranes</b> – bleeding from mouth or nose or in vomit	Ensure that correct pressures are used and only enter the mouth or nose as far as you have been instructed
<b>Increased secretions</b> (child may be dribbling more than usual)	Ensure that you are not suctioning too frequently Check that child's medication is being given as prescribed

If you are concerned there is a problem with your child's suction unit, please contact C&YPCHT on 01270 612071.

Out of hours contact Child and Adolescent Unit Tel: 01270 612073.

## Procedure for giving oral suction

### You will need:

- Suction machine (mains or portable) in full working order
- Suction tubing
- Appropriate sized sterile disposable catheters/Yankauer catheters
- Unpowdered Gloves if necessary (Parents and identified carers may not want to wear gloves, as it is a socially clean technique rather than an aseptic technique)
- Cooled boiled water and a clean container for rinsing tubing
- Tissues



Staff will inform you of your child's individual need for suction. Equipment should be set up for use at all times and portable suction equipment kept fully charged when not in use.

Action	Rationale
Assess the child's need for suction e.g. dry whistling sound, wet and bubbly secretions or coughing and reposition the child	To ensure suction is not given unnecessarily
Explain what is happening to the child in language they understand	To reduce anxiety and distress and prepare them for the procedure
Position the child appropriately. (Best position is on the left side, but upright is acceptable for a child who is used to suctioning)	To prevent trauma and assist natural drainage.
Set suction between low and medium increasing as necessary within the range of 60-120 mmHg	To prevent mucosal damage and lung collapse
Wash hands. Apply glove to dominant hand using non touch technique	To minimize risk of cross infection
Use a single catheter of the appropriate size (as instructed during training)	To prevent obstruction of the airway and minimize trauma to the mucosa
Open suction catheter packet and connect to suction tubing keeping catheter in packet	To reduce risk of cross infection
Using gloved hand, remove catheter from packet, ensuring that catheter touches nothing at all	To keep catheter as clean as possible to reduce risk of cross infection
Holding the catheter in the dominant hand gently insert into oral or nasal cavity. Gently insert the suction catheter (not yet applying suction) along the inside wall of the child's mouth ensuring the tip goes no further than the back of the tongue or tonsil area as directed during training. Please note: A Yankauer	To minimize possibility of trauma to the mucosa This often promotes a gag reflex which may cause the child to cough or vomit

Action	Rationale
catheter will begin suction immediately as there is no control valve	
Occlude the suction port and steadily withdraw the catheter. Do not exceed 10 seconds in doing this	To remove secretions and reduce discomfort To minimise desaturation
Check secretions for any changes in colour, smell and consistency	To check for signs of infection
Reassess the child and repeat the procedure if necessary using a new catheter	To ensure airway is clear of secretions. To prevent infection.
If using a Yankauer same one can be used, if it is kept clean and dry	Renew Yankauer every 24 hours to reduce risk of infection
Discard catheter by wrapping inside glove and disposing in a bin with a liner. Flush the suction tubing through with water	To prevent cross infection
Reassure and praise the child. Assess the child's condition and if condition has not improved, seek help immediately	To detect further problems and treat appropriately
Tidy away equipment but ensure it remains within easy reach. Empty suction jar as necessary. Replenish depleted stock	Equipment needs to be readily available and useable
Wash hands	To reduce the risk of infection

If any of the following occur during suction help must be sought from C&YPHCT on 01270 612071.

Out of hours contact Child and Adolescent Unit Tel: 01270 612073

- Any changes in the child's breathing pattern
- Any changes in the child's colour especially if they become pale or blue
- If the child is unwell
- Any problems with the equipment

If any symptoms are severe or of sudden onset ring 999 and request an ambulance

## Procedure for giving Nasal suction

### You will need:

- Suction machine (mains or portable) in full working order
- Suction tubing
- Appropriate sized sterile disposable catheters
- Unpowdered gloves necessary (Parents and identified carers may not want to wear gloves, as it is a socially clean technique rather than an aseptic technique)
- Cooled boiled water and a clean container for rinsing tubing
- Tissues



Staff will inform you of your child's individual need for suction. Equipment should be set up for use at all times and portable suction equipment kept fully charged when not in use.

Action	Rationale
Assess the child's need for suction e.g. dry whistling sound, wet and bubbly secretions or coughing and reposition the child	To ensure suction is not given unnecessarily
Explain what is happening to the child in language they understand and position them appropriately	To reduce anxiety and distress and prepare them for the procedure
Position the child appropriately. (Best position is on the left side, but upright is acceptable for a child who is used to suctioning)	To prevent trauma and assist natural drainage
Set suction between low and medium increasing as necessary within the range of 60-120 mmHg	To prevent mucosal damage and lung collapse
Wash hands. Apply glove to dominant hand using non touch technique	To minimize risk of cross infection
Use a single catheter of the appropriate size (as instructed during training)	To prevent obstruction of the airway and minimize trauma to the mucosa
Open suction catheter packet and connect to suction tubing keeping catheter in packet	To reduce risk of cross infection
Using gloved hand, remove catheter from packet, ensuring that catheter touches nothing at all	To keep catheter as clean as possible to reduce risk of cross infection
With suction port uncovered (i.e. no suction) introduce the catheter into one nostril, no further than the nasal cavity	To prevent trauma to the mucosa
Cover suction port with thumb of non-gloved hand and steadily withdraw	To remove secretions from around mucus membrane. To reduce risk of

Action	Rationale
suction catheter from nose taking no longer than 10 seconds	compromising the oxygen intake. To reduce discomfort
Reassess the child and repeat the procedure if necessary using a new catheter	To ensure airway is clear of secretions. To prevent infection.
Check secretions for any changes in colour, smell and consistency	To check for signs of infection
Discard catheter by wrapping inside glove and disposing in a bin with a liner. Flush the suction tubing through with water	To prevent cross infection
Reassure and praise the child. Assess the child's condition and if condition has not improved, seek help immediately	To detect further problems and treat appropriately
Tidy away equipment but ensure it remains within easy reach. Empty suction jar as necessary. Replenish depleted stock	Equipment needs to be readily available and useable
Wash hands	To reduce the risk of infection

If any of the following occur during suction help must be sought from C&YPHCT on 01270 612071. Out of hours, contact Child and Adolescent Unit Tel: 01270 612073

- Any changes in the child's breathing pattern
- Any changes in the child's colour especially if they become pale or blue
- If the child is unwell
- Any problems with the equipment

If any symptoms are severe or of sudden onset telephone 999 and request an ambulance.

Addressograph
Name: _____
Address: _____
_____
DOB: ____/____/____
NHS No. _____

Dear Parents/Carers

### Emergency Replacement Suction Machine

In the event you have problems with your suction machine and do not have a spare, please contact the Children and Young People's Homecare Team on 01270 612071 to arrange delivery of a new machine. The Team are available Monday to Friday (excluding Bank Holidays) 8.30am to 4.30pm. Please leave a message and we will get back to you as soon as possible.

Out of hours, please contact the GP Out of Hours Department at Leighton Hospital on 01270 273629 where a spare machine is available. This service is available Monday to Friday from 6.30pm to 8.00am the following day, and 24 hours a day over the weekends and Bank Holidays.

If you have accessed this service, please contact us the next day to inform us so we can arrange for your machine to be service/repaired.

**In the event you need to access this service please take this letter with you.**

Yours sincerely

Children and Young People's Homecare Team



## Teaching checklist for suction

Name of carer:

**Tick when  
completed**

<b>Hygiene</b>	Hand washing	
	Preparation of suction catheters and machine	
<b>Preparation</b>	Preparation of the child	
	Preparation of equipment	
	Indications for suction	
<b>Procedure</b>	Perform oral/nasal suction (delete as applicable)	
	Care of equipment	
	Disposal of waste-plastics are not recyclable	
	Knowledge of complications	
	Changing Filters (if applicable)	
<b>Miscellaneous</b>		

Signature.....

Print.....

Date.....

## Procedure .....

**Learner's name (printed).....**

**Theory pack provided, explained and dated (signature) .....**

[illegible]

## Certificate of Instruction

**Child and Adolescent Unit**

**Children and Young  
People's Home Care Team**

**Patient's name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**I agree that I have received written guidelines and been instructed how to:**

\_\_\_\_\_

**and now feel confident and competent to carry out this procedure/treatment.**

**I understand what problems may arise and what to do if they occur.**

**Parent / legal guardian / patient's signature: (print & sign)**

\_\_\_\_\_

**Date:** \_\_\_\_\_

**Signature of registered nurse assessing competency: (print & sign)**

\_\_\_\_\_

**Date:** \_\_\_\_\_

**Date for review:** \_\_\_\_\_

**Review Date**

**Parent / legal guardian**

**Nurse assessor**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name/NMC Stamp
Role
Signature

This information is available in audio, Braille, large print and other languages. To request a copy, please telephone 01270 612071.

Reprinted: February 2022 Review: February 2025 Ref: WC/CYPHCT/0250222