

CARING FOR YOUR STOMA REFRESHER GUIDE FOR CLEAN TECHNIQUE FOR LARYNGECTOMIES AND THEIR CARERS

IF YOU ARE ATTENDING ANY APPOINTMENTS PLEASE FOLLOW THE LATEST GUIDELINES FROM THE NHS AND YOUR LOCAL CLINICAL SERVICES.

Your hospital, GP and other clinical teams will have policies that you need to follow if you are attending for an appointment.

Introduction:

The spread of the new **Corona virus** shows that everyone is at risk of catching the virus. When people are infected the virus is present in their saliva, mucus and in their poo. We become infected from droplets landing in our eyes, nose, mouth and airway from coughs and sneezes, and also when we touch our own eyes, nose, mouth and airway with soiled fingers.

The Corona virus can survive on hard surfaces such as mobile phones, door handles and light switches for many hours.

The NHS Guidance strongly advises to:

- **Wash your hands with warm and soapy water regularly for at least 20 seconds**
- **Catch your coughs and sneezes (from your stoma) in a tissue, dispose of it safely, and wash your hands**
- **Always wash hands before eating and drinking, after going to the toilet and before, during and after caring for your stoma**
- **Clean surfaces regularly (including electrolarynx)**

Stoma Care:

Stay hydrated and keep your airway warm and moist by using an HME/stoma protector. Use **clean technique** when caring for your stoma, whether at home or at the hospital, so you are limiting the number of germs in your surroundings. This reduces the risk of getting germs onto your laryngectomy equipment and your hands, infecting you and people around you and those living with you. When cleaning and storing items out of their packaging such as laryngectomy tubes, voice prosthesis and brushes, always keep soiled and clean items separate to avoid cross contamination and always clean the surfaces you have placed soiled items on.

CLEAN TECHNIQUE FOR STOMA CARE TO AVOID CROSS CONTAMINATION

STEP 1: Preparation

Collect together all the items you will need for your stoma care

Clean the surface you are going to be working on (table, bathroom sink, shelf)

Clean the outside of your plastic equipment box and take off the lid

Wash your hands – protects you

STEP 2: Set up 2 spaces

This is a **clean area and a dirty area** – this may be 2 paper towels or tissues or some people use plastic lids from ice cream containers.



STEP 3: Set up equipment

Open up the outer packs of items you will be using – dilator, catheter, wipes, HME, baseplates, laryngectomy tube etc

Wash your hands – protects you (in case outer packaging soiled)

Spread gel onto a tissue – place in the clean area, replace the lid of the tube

Take out the items from their packs and set out **on the clean area**

Replace the lid on your storage box (to protect contents against coughs)



STEP 4: Follow your normal stoma care routine.

As you remove and use items, place them on the dirty area as you go along

Remove HME, baseplate, laryngectomy tube (and voice prosthesis ONLY if competent self-changer) and place on dirty area



Clean the stoma/voice prosthesis and put soiled wipes on the dirty area
Insert your clean laryngectomy tube, new baseplate/HME/stoma cover
Put packaging and tissues on the dirty area

STEP 5: Clean up

Wrap up discarded, disposable used and soiled items in the dirty area in the paper towel, put into a plastic bag and place in bin

Clean the reusable items in warm soapy water and leave to dry then replace in your plastic storage box



Clean the mirror, and plastic lids and work surfaces you have used with warm soapy water or a disinfectant wipe (they should be clean if you put paper towel over them, but you may have coughed over the area)

Wash your hands – protects you and others who use the area