

Family Education Sheet

Home Care Instructions for Using a Self-Inflating Resuscitation Bag with a Tracheostomy (Trach) Tube



Boston Children's Hospital

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A self-inflating resuscitation bag is used to give your child breaths by hand. It can be used with or without oxygen.

You should always carry a self-inflating resuscitation bag with a pop-off valve and a mask for your child.

What should I know about a self-inflating resuscitation bag?

- Test the bag regularly by disabling the pop-off valve, blocking the patient connection (where the air goes through the mask into the mouth). Squeeze the bag to make sure there is some resistance (pressure) when the pop-off valve is disabled. Remember to enable the pop-off again after testing the bag.
- A self-inflating bag only gives your child oxygen when it is connected to an oxygen source *and* someone squeezes the bag.

When should I use a self-inflating bag?

You should use the bag on your child if:

- Your child stops breathing
- Your child has signs of breathing problems (like a change in skin color or having a hard time breathing)
- There is a problem with your child's ventilator
- When you are suctioning (if your child's doctor told you to do this)

What supplies do I need to use the bag?

- A self-inflating resuscitation bag with a pop-off valve (ask your doctor which size to use for your child)
- A facemask that fits your child's face (for EMS use only)
- Oxygen (if your doctor orders it)

How will I know if it is working?

- Your child's chest will rise and fall.
- Your child's skin color will start to look normal again.
- Your child's oxygen saturation level will go up (if this is something you watch).

Whom can I call if I have questions?

Please contact your child's primary care doctor with any questions.

If your child needs emergency care, call 911 or your local emergency services number.

How do I use a self-inflating resuscitation bag?



- 1 Attach the self-inflating bag to the oxygen source (tank or concentrator) and turn it on (if your doctor told you to).
- 2 Attach the patient connection to your child's trach tube.
- 3 Gently squeeze breaths in when your child is breathing in, at the same rate or slightly faster.
- 4 Release the bag so your child can breathe out and the bag can fill up with air.