

## Home Care Schedule (2008.7.15)

Schedule	Main Operation	Support Operation
06:00-06:45	1. Spurt the medicinal powder with saline into Tracheostomy tube 2. Perform left-body-flip and back-rap - remove sputum 3. Disinfect tracheostomy 4. Inspect humidifier and keep water level above red line and keep knob setting at "6" for humidity level 5. Massage the belly clockwise around large intestine for 15min. 6. Change dirty clothes 7. Disinfect urethra mouth and anus - apply iodine and saline or other instructed medicine, and change Y gauze on tracheostomy 8. Remove residue water in tubes and collector etc. 9. Measure body temperature and blood oxygen %, and glucose level	
06:45-07:00	1. Apply medicine for before meal	
07:00-07:45	1. Feed a spoon of milk powder with water 2. Break for own breakfast	07:30-08:00: Provide drinking water, wash urine bottle, take out dirty clothes, follow up to assist for break time
07:45-08:00	1. Apply medicine for after meal 2. Apply liquid medicines as instructed	
08:00-09:00	1. Perform right-body-flip and back-rap - remove sputum 2. Disinfect tracheostomy 3. Massage the belly around large intestine 4. Inspection humidifier and water level 5. Brush teeth 6. Remove residue water in tubes and collectors etc.	
9:00-10:00	1. Sit to wheelchair and feed two spoons of milk with water 2. Feed drinking water	09:00: Assist to wheelchair and feed milk 09:15: Assist to bed
10:00-10:20	1. Exercise hands and feet 2. Massage the belly 3. Exercise other body movement	Assist to wheelchair, change dirty bed sheet
10:20-11:00	1. Move to bed 2. Exercise body movement (foot and hand)	11:00: Assist to bed
11:00-11:45	1. Perform left-body-flip and back-rap - remove sputum 2. Disinfect tracheostomy 3. Inspect humidifier 4. Change Y gauze on tracheostomy	
11:45-12:00	1. Apply medicine for before meal	
12:00-12:45	1. Feed two spoons of milk powder with drinking water 2. Move to wheelchair 3. Apply medicine for after meal 4. Measure body temperature and blood oxygen %	Provide drinking water, ibid as main operation
12:45-13:00	Break for own lunch	1. Follow up to assist break time 2. Apply medicine for after meal
13:00-15:00	Break for own nap	1. Follow up to assist break time 2. 14:45: Feed nutrient
15:00-16:00	Break for own nap	1. Apply liquid medicines 2. Perform right-body-flip and back-rap - remove sputum 3. Inspect humidifier
16:00-17:00	1. Feed two spoons of milk powder with drinking water 2. Move to wheelchair	Assist to wheelchair
17:00-17:30	Break for own bath	1. Feed drinking water 2. Exercise Body movement 3. Assist to bed
17:30-18:00	1. Take a sponge bath	
18:00-18:45	1. Spurt medicinal powder with saline into tracheostomy tube 2. Perform left-body-flip and back-rap - remove sputum 3. Inspect humidifier 4. Change Y gauze on tracheostomy 4. Disinfect urethra mouth and anus	
18:45-19:00	1. Apply medicine for before meal	
19:00-19:45	1. Feed two spoons of milk powder with drinking water 2. 19:30: Break for own dinner	19:30: Follow up to assist break time
19:45-20:00	1. Apply medicine for after meal 2. Apply liquid medicines as instructed	
20:00-22:00	1. Perform right-body-flip and back-rap - remove sputum and disinfect tracheostomy connector area 2. Replace Y gauze of Tracheostomy 3. Disinfect urethra mouth and anus	21:00 Provide drinking water, clean up urine bottle, change dirty clothes
22:00-23:00	1. Feed a spoon of milk powder 2. Fix urine bag 3. Put towel underneath clothing 4. Measure body temperature and blood oxygen %	
23:00-23:30	1. Perform left-body-flip and back-rap - remove sputum 2. Inspect humidifier and keep knob setting at "7" for humidity level	
23:30-03:00(02:00)	1. Break for night sleep	
02:00:00 AM (overcast)	1. Perform right-body-flip and back-rap - remove sputum 2. Feed drinking water	
02:30-03:00 (fair-weather)	1. Perform right-body-flip and back-rap - remove sputum 2. Feed drinking water 3. Change urine bag 4. Apply iodine and saline solution where-ever needed 5. Inspect humidifier and keep water level above red line	02:30 Measure Vital Sign and double check all the equipment
04:00:00 AM (overcast)	1. Perform left-body-flip and back-rap - remove sputum 2. Feed drinking water	
03:00-06:00	1. Own break for sleep but alert and action to alarm and abnormal condition	
Attention	1. Sequence of Putum Suction @ tracheostomy : power on suction machine, wear deinfected glove, connect O2 to pressure-balloon and press 8-time, if putum too thick and drop 3 droplets of saline water into tracheostomy, 2. Complete putum suction before feeding milk is a must 3. Need to shake the medicine bottle before spurting the medicine into tracheostomy 4. Do not let fluid medicine leaked into tracheostomy 5. Perform feeding milk 15-30 minutes after applied medicine before meal 6. Before breaking for sleep need to check all the connector are set up properly	