Tracheostomy Speaking Valve

What is a tracheostomy speaking valve?

Sometimes a person with a tracheostomy is unable to speak because air does not pass through the vocal cords. The tracheostomy speaking valve moves the air through the vocal cords so a person with a trach can speak or babble.

For a picture of this, see the handout: Airway with Tracheostomy #829

The speaking valve is put on the end of the tracheostomy tube. Inhaled air passes through the speaking valve and tracheostomy tube. At the end of breathing in, the valve closes. Air goes out around the tube, through the vocal cords, mouth, and nose. Air passing through the vocal cords can make speech.

How do I put the speaking valve on a tracheostomy?

1. Wash your hands with soap and water for at least 15 seconds, and dry them well.

2. Place the child in a comfortable position.

3. Suction the tracheostomy tube.
4. If your child has a cuffed tracheostomy tube, deflate the cuff all the way.

5. Hold the hub of the trach. Put the speaking valve on the tracheostomy tube and twist the valve clockwise, a one-quarter turn.

**How do I take the speaking valve off the tracheostomy?**

To take off the speaking valve, hold the hub of the trach. Twist it counter clockwise, a one-quarter turn. Reinflate the cuff if your child has a cuffed tracheostomy tube.

**How do I clean the speaking valve?**

1. Wash your hands with soap and water for at least 15 seconds, and dry them well.

2. Take the valve off your child's trach.

3. Swish the valve in soapy, warm water (not hot). Use a pure mild soap, like Ivory. The soap should not have lotion or alcohol.

4. Rinse the speaking valve in warm running water until all the soap is off.

5. Lay it on a clean towel to dry in the air.

6. When dry, store the valve in the case until you use it again.

- Do no clean the valve with hot water, peroxide, bleach, vinegar, alcohol, brushes, or cotton-tipped sticks (such as Q-Tips).

**Things you should know**

- If your child has trouble breathing, take off the speaking valve. If your child still has trouble breathing, seek emergency help.

- If your child uses oxygen, oxygen must be used when wearing the valve. Ask your nurse or doctor for a Passy-Muir oxygen adapter.
• Take off the speaking valve when your child is:
  — sleeping
  — getting breathing treatments

• Throw out the old valve and use a new one
  — every 60 days
  — if the old valve gets sticky or noisy

• Whenever the speaking valve is on, stay with your child.

Wear the valve for ______ minutes ______ times each day.

Now that you’ve read this:

☐ Show your nurse, respiratory therapist, or doctor how you would put on the speaking valve, and take off the valve. (Check when done.)

☐ Show your nurse, respiratory therapist, or doctor how you would clean the valve. (Check when done.)

☐ Tell your nurse, respiratory therapist, or doctor when your child should not have the valve on. (Check when done.)

☐ Tell your nurse, respiratory therapist, or doctor why you need to be with your child when the speaking valve is on. (Check when done.)

If you have any questions or concerns,

☐ call your child’s doctor or ☐ call ______________________
Tracheostomy Speaking Valve

Name of Health Care Provider: _______________________________
Date returned: ____________ ☐ db

Family Review of Handout

Health care providers: Please teach families with this handout.
Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? ☐ Yes ☐ No

Would you say this handout is easy to read? ☐ Yes ☐ No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? ☐ Yes ☐ No

Why or why not?

Would you do anything differently after reading this handout? ☐ Yes ☐ No

If yes, what?

After reading this handout, do you have any questions about the subject? ☐ Yes ☐ No

If yes, what?

Si usted desea esta información en español, por favor pídasela a su enfermero o doctor.
Is there anything you don’t like about the drawings? □ Yes □ No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!