

Minutes of Glan Clwyd Laryngectomy Club. 02/02/17

Peter discussed the success of the Xmas meal and the funding associated.

Thanks to the Faenol Fawr for an excellent meal.

Recent Donations were acknowledged. Funding from the MG club allowed several nebulisers and Tru Tone electro larynx devices to be purchased for the Ward.

Thanks to Liz Thomas and Candice for continuing to support the group.

Ambulance – SMC – calls for support group. Able to register at your home address as a ‘neck breather’.

Peter asked for help with e mail correspondence and Martin O’Donnell volunteered.

Paul De Ville Forte will set up the website for public use.
Glanclwydlary@weebly.com

Ideas for future trip.

- Canal Boat
- Bodnant Gardens
- Chester trip

Support for the ward to continue. Ideas for speakers to be submitted to Peter.

Next meeting March 16th 11.30 AM at the Faenol Fawr.

Member's questions.

1. Use of nebuliser or Humidifier.

Humidification

Artificial humidification is vital to maintain the patency of the stoma, as the nose and mouth are no longer attached to the trachea. A number of devices can be used to do this, including humidification bibs

Many patients may also require regular sodium chloride 0.9% nebulisers, particularly in the morning to aid removal of secretions, before using other humidification aids such as the heat and moisture exchange (HME) cassette and base plate that fit over the stoma to filter and moisten inspired air. Many hospitals discharge patients with a portable nebuliser or travel nebuliser, which they can use as required; this is essential for patients who are unable to use base plates and HMEs due to post surgery/radiotherapy soreness or swelling. Nebulisers should be given positioned directly over the stoma using a tracheostomy mask.

Nebules of 0.9% Saline can be prescribed from your local GP as can Sterile water for use in a personal nebuliser if used instead. The nebules are usually 5ml and take about 40 minutes to fully use. However, the time require is an individual thing and some people find nebulising for 15 minutes morning and night is adequate to keep the mucus thin and easy to cough up. Others may need to use the full nebule.

It is important to regularly wash the trachy mask and change the nebuliser container and tubing. This can be done by liaising with the ward.