



Self-care manual

—After Total Laryngectomy



Experience oneself and have a wonderful life
HUBEI CANCER HOSPITAL

A letter to the patients

Dear patients!

You are going to have total laryngectomy (TL). TL refers to the removal of the larynx with tumor invasion by surgery. Larynx is an important organ to maintain respiratory and vocal function. Permanent tracheostomy should be performed after TL to ensure airway patency. In this process, you may face difficulties such as dysphagia and aphasia, and you may feel helpless and confused. This self-care manual is designed to help you get rid of confusion and lead you to participate in self-care actions.

Self care refers to a kind of health management behavior from their own. In this process, you will gradually change from passive acceptance of disease treatment measures to active and spontaneous participation in the process of rehabilitation promotion, so that you can take the initiative to control your own quality of life from psychological and health behavior, and return to family and society as soon as possible.

I wish you a speedy recovery!

Department of head and neck surgery, Hubei Cancer Hospital

contents

Respiratory function exercise.....	2	Disinfection of stoma.....	6
Effective cough	2	Wear annular tubes.....	7
Purpose	2	Reminder	7
Method	2	Common problems and Solutions	7
Reminder	2	Evaluation and training of swallowing function	9
Atomization inhalation	2	Swallowing function evaluation	9
Reminder	2	Purpose.....	10
Respiratory function exercise	3	Method	10
Purpose	3	Feeding training	10
Method	3	Reminder	11
Reminder	5	Neck function exercise	12
Airway management	6	Purpose.....	12
Tracheostomy	6	Method	12
Purpose	6	Home nutrition management	14
Tracheal tube nursing	6	Purpose.....	14
Material preparation	6	Principles of nutrition support	14
Remove annular tubes	6	Nutrition support pathway	14
Clear annular tubes.....	6	Reminder	14
Disinfect annular tubes.....	6	Identification and management of major complications of EN	15
		

Self care diary of patients after TL

Patient information	
Admission number:	_____
Name:	_____
Gender:	_____
Age:	_____
Operation date:	_____
Discharge date:	_____

Note:

Self care diary is a kind of tool for self-care after discharge. In the time after discharge, through standardized records, improve your attention to self-care, strengthen the rehabilitation effect, and help accelerate the recovery after surgery.

Take tracheal cannula nursing as an example

First month

First week

Set goals _____

Exercise program	D1	D2	D3	D4	D5	D6	D7
Take tubes							
Cleaning tubes							
Tubes disinfection							
Disinfection of tracheostomy							
Wear tracheal cannula							

Exercise duration: _____

Problem: _____

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Respiratory function training

First month

First week

Set goals _____

Exercise program	D1	D2	D3	D4	D5	D6	D7
Effective cough							
Atomization inhalation							
Breathing exercises							

Exercise duration: _____

Problem: _____

Neck function training**First month****First week****Set goals** _____

Exercise program	D1	D2	D3	D4	D5	D6	D7
Neck rotation left and right							
Neck flexion and supination							
Lateral flexion of neck							
Shrugging							
Shoulder traction							
Shoulder lift							

Exercise duration: _____**Problem:** _____

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Feeding training**First month****First week****Set goals** _____

Exercise program	D1	D2	D3	D4	D5	D6	D7
Empty swallowing training							
Direct eating training							
Compensatory training							

Exercise duration: _____**Problem:** _____

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Nutrition monitoring

First month							
First week							
Monitoring content	D1	D2	D3	D4	D5	D6	D7
Weight (kg)							
Food intake							
Factors affecting eating							
Problem: _____							

Note:

Food intake record: 0: normal, 1: decrease, 2: increase;

Records of factors affecting eating: 0: No, 1: poor appetite caused by taste, 2: swallowing related problems, 3: gastrointestinal problems, 4: problems caused by emotional disorders.

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Prompt card for postoperative follow-up visit

Follow up	Date	Next follow up date	Notes
One month after total laryngectomy			
Three months after total laryngectomy			
Six months after total laryngectomy			

Warm tips: please take your ID card and other valid documents with you and go back to the head and neck surgery clinic of Hubei cancer hospital for follow-up. Since you are still recovering after operation, the follow-up after operation is very important. We suggest you insist on follow-up!