**What is a speaking valve?**
A speaking valve is a one way valve that fits over the tracheostomy tube. At PMH, we use Passy Muir valves.

**How does a speaking valve work?**
The valve only opens to allow air to be breathed in via the tracheostomy. On breathing out, the valve closes and air is pushed up via the larynx (voice box) to exit via the nose and mouth. This may facilitate improvements in voice, cough, smell and taste, and secretion management (information taken from Passy Muir website).

**Can my child have a speaking valve?**
Not every child is able to tolerate wearing a speaking valve. If your child is referred for a speaking valve test, a nurse and speech pathologist will test whether the valve will be safe and comfortable for your child to wear. For children unable to wear a valve, there are other options for communication. Please talk about these with your speech pathologist.
Health Facts

__________’s Speaking Valve Trials

Date: _______________  Target Duration: ___ minutes

Try ____ times per day. Right now we are aiming for _______________________

Putting it on

1. Remove Swedish nose
2. Attach the SATS monitor
3. Suction if needed.
4. Attach the drilled Speaking Valve (turn ~90° to right to secure)*
   *Use the oxygen attachment that attaches around the Speaking Valve if oxygen is required during trials

Taking it off

1. Remove the valve by twisting to the left ~90° and then pull to remove
2. Replace with Swedish nose
3. Remove SATS probe.
4. Clean the valve at the end of the day

WARNING:

Do not use if your child is unwell.
Do not use during showering or sleeping.

REMOVE THE VALVE IMMEDIATELY IF YOU NOTICE OVERT DISTRESS

e.g. Oxygen levels <90, ↑ heart rate, excessive coughing, ↑ work of breathing, + fatigue

Cleaning the valve (clean once a day after use)

1. Wash in warm, soapy water. Avoid touching the membrane of the valve.
2. Rinse the valve very thoroughly with tap water.
3. Leave the valve to air-dry on a clean surface overnight.

If you have a question, please contact 9340 8500 and ask for:
Pager: ___________Clinical Nurse Consultant for Technology Dependent Children
Pager: ___________Senior Speech Pathologist
PMH Parent Support Centre
The Kalparrin centre is located on the ground floor of the Hay Street Building at PMH. The friendly staff are trained to provide you with up to date information on local supports, respite and support networks. The centre is open Monday to Friday 8.30-4pm and there is complimentary tea and coffee facilities for parents and a play area for children. More information on Kalparrin’s programmes, including sibling support is available online at www.kalparrin.org.au

Web based Parent Networks

www.trachkids.org

www.tracheotomy.info

http://mc2.vicnet.net.au/home/ontrach/index.html

www.tracheostomy.com/networking/message
Site for families to post questions.

Recommended Websites

www.passy-muir.com/patients/photos/
This is a site where you can read about other children’s stories.

www.passy-muir.com/patients/toby/
Links to patient stories and free colouring book for children

www.tracheostomy.com/resources/articles/boyce.htm
Article about one family’s experience

Connecting with another family in WA

Please inform staff at PMH if you would like to connect with another family in WA with a child with a tracheostomy. Connections may be made on case by case basis.