

Nasopharyngeal Airway (NPA) Instructions

A **nasopharyngeal airway (NPA)** can be used to relieve a blockage in your child's upper airway to help them breathe easier.

How do I insert the NPA?

1. Wash your hands
2. Gather needed supplies
3. Put on gloves (if desired)
4. Check that nostrils are free of secretions
5. Check that suction is available
6. Swaddle the child if needed
7. Lubricate the end of the NPA and gently insert it into the child's right nostril. Point it slightly downward and towards the middle of the nose along the bottom of the nasal passage. You can slightly wiggle the tube while you are inserting it to help with the ease of insertion. Do not force the tube. Insert until the holder is at the tip of the nose.
8. Cut tape to the size needed for cheeks.
9. Place the string from the NPA on each side of the face on the cheeks. Secure to the cheeks with tape.
10. You may need to suction after the NPA is placed.
11. Replace the tape as needed.

How do I suction?

1. Use 8 French suction catheters.
2. Hold your finger at _____ cm on suction catheter for suction depth of _____ cm.

3. Insert the suction catheter in the NPA until your fingers meet the end of the tube. Apply your thumb over the suction port as the catheter is pulled out.
4. Do not suction as catheter is inserted.
5. Place 1-2 drops of normal saline in the end of the NPA if secretions are thick and hard to suction out.

How do I clean the tube?

1. Soak the NPA in warm water with a mild detergent.
2. Use the pipe cleaner to clean out the inside of the NPA.
3. Rinse with water after cleaning.
4. Allow to air-dry and store in a breathable container.

What should I watch for?

- Observe for:
 - Any trouble breathing
 - Decreased oxygen saturations
 - Changes in skin color
 - Bleeding
- Stop immediately if your child has distress.
- Do not force the tube. Forcing the tube can cause trauma.
- Monitor the skin on the nose and cheeks. If the nose skin looks pale , the tube may not be positioned correctly.
- Monitor for any skin irritation.
- Reinforce or change the tape on the cheeks as needed to keep the NPA secured.

Please call the Pediatric Otolaryngology Clinic if you have any concerns.

Contact Information:

Pediatric Otolaryngology Clinic

- Call (734) 936-5730 (8am-5pm Monday-Friday)
- Call (734) 936-6267 (after 5pm, weekends or holidays), ask operator to page Otolaryngology (ENT) resident on-call

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