NASOPHARYNGEAL TUBE (NPT)

To provide a mechanism for relief of high upper airway obstruction particularly in infants suffering for Pierre Robin Syndrome.

EQUIPMENT
- Ivory endotracheal tube size appropriate to infant & sterile scissors
- Lubricant/Saline
- Comfeel/Fixomull tape
- Skin preparation wipe

Table 1: A guide for nasal tracheal tube sizes

<table>
<thead>
<tr>
<th>WEIGHT</th>
<th>TUBE SIZE</th>
<th>POSITION AT NOSTRIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 700 gm</td>
<td>2.0 mm - 2.5 mm</td>
<td>6 cm</td>
</tr>
<tr>
<td>&lt; 1000 gm</td>
<td>2.5 mm - 3.0 mm</td>
<td>7 cm</td>
</tr>
<tr>
<td>1000 gm</td>
<td>3.0 mm - 3.5 mm</td>
<td>7.5 cm</td>
</tr>
<tr>
<td>2000 gm</td>
<td>3.0 mm - 3.5 mm</td>
<td>9 cm</td>
</tr>
<tr>
<td>3000 gm</td>
<td>3.0 mm - 3.5 mm</td>
<td>10.5 cm</td>
</tr>
<tr>
<td>3500 gm</td>
<td>3.5 mm - 4.0 mm</td>
<td>11 cm</td>
</tr>
</tbody>
</table>

PROCEDURE
1. Place infant supine or prone
2. Select tube size and moisten the end of the tube using the infant’s own oral saliva or sterile lubricant.
3. Measure the length of tube by measuring from the tip of the nose to the trachus of the ear and add 5 cm. Cut tube at measured spot.
4. Cut the NPT into four strips from the end to the start of the 5cm measured. Cut piece off as indicated on diagram over page.
5. Pass the ETT through the nostril into the pharynx ensuring the correct anatomical path has been followed to prevent penetration of the cribiform plate leading to frontal lobe trauma.
6. Place one piece of the cut endotracheal tube up the nose and place Fixomull tape over it. Place the other two pieces along each cheek and fix with tape to ensure that the tube does not move or is not dislodged either out of the nose or pushed down the pharynx further.
7. A lateral x-ray of the infant’s head should be taken with the neck in a flexed position. The NPT should be visible on the x-ray above the epiglottis and below the tongue.
8. The NPT should be suctioned 2-3 hourly for the first 48 to 96 hours and thereafter twice a day or as needed.
9. The NPT should be changed every 48 hours for the first 10 days and thereafter once per week. Alternative nostril should be used with every change to avoid necrosis of nostrils.
   - Document the Endotracheal tube size and length of tube at the nare.
**NB:** If tube inserted in to left nostril then cut shaded section of tube off. Then section one is taped on to the nose, section two is taped on to the left cheek and section three is taped onto the right cheek.

- Measured section from nose to trachus of the ear
- 5cm extra tube from nostril cut into 4 sections
- Measured section from nose to trachus of the ear
- 5cm extra tube from nostril cut into 4 sections

**NB:** If the tube is inserted into the right nostril then cut the shaded section off.

Section one is then taped down the nose, section two is taped on to the right cheek and section three is taped along the left cheek.