

Nurses International

Clinical Skills

Name of the Procedure/Rubric/*Rationale*: Collection of Sputum

Step	Procedure	Yes	No	Remarks
1.	Perform hand hygiene.			
2.	<u>Collect supplies in a clean Tray:</u> ☐ Plastic container with screw top lid ☐ Marker to label the container ☐ Clean water for oral rinse ☐ Alcohol based handrub ☐ Disposable clean gloves ☐ Face mask ☐ Biohazard bag ☐ Waste bag ☐ Disposable apron ☐ Emesis basin			
3.	Greet and identify the client using two identifiers (name and date of birth). Explain what, why and how of the sputum collection procedure. Obtain client's consent.			
4.	Perform hand hygiene			
5.	Ensure client's privacy by pulling curtains or closing doors as per client's comfort.			
6.	Don gloves, wear an apron and face mask.			
7.	Give the client clean drinking water to rinse out the mouth and spit it out into the emesis basin. <i>This will reduce food/bacteria in the mouth.</i>			
8.	Give the labelled container to the client to spit the sputum when ready. Instruct the client not to touch the inside of the container.			
9.	Instruct the client accordingly:			

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	1- Take a deep breath and hold for a few seconds then breathe out slowly 2- Repeat the process 3 times. 3- Blow out hard during the third blow. 4- Lift the container close to the mouth but not touching, and blow hard once more. This will bring the sputum from the lungs. 5- Tell the client to cough directly into a plastic container.			
10.	Assess the collection in the container. If it is thick and mucoid it is sputum from the lungs. If it is runny and clear it is saliva. Give the client a new container and instruct the client to repeat the steps and try spitting sputum again.			
11.	Label the sputum container with client identification details using marker and place the container into the biohazard bag.			
12.	Remove the mask and apron, gloves, and discard in the waste bag.			
13.	Perform hand hygiene.			
14.	Assist the client to a comfortable position, ask the client for any discomforts, ensure the call bell is within the client's reach, lower and lock the bed, and assess to determine the need for side rails before you leave.			
15.	Don gloves and send the sputum to the laboratory.			
16.	Remove the gloves, perform hand hygiene.			
17.	Document sputum collection as per the agency policy.			

References:

World Health Organization. (2016, September). *How to safely collect sputum samples from*

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patients suspected to be infected with pneumonic plague.

<https://www.who.int/csr/disease/plague/collecting-sputum-samples.PDF>