SPEECH & LANGUAGE SERVICE
Safe Swallowing Recommendations

Date:

**INTAKE:**
- Oral only
- Oral with enteral feeding as per dietitian plan
- Oral with supplements
- NBM with full enteral feeds as per dietitian plan
- NGT or NJT
- PEG or PEJ
- Feeding with known risk of aspiration

**SAFETY:**
Stop oral feeding if patient becomes drowsy, short of breath, begins coughing or shows any other sign of distress.

**ONGOING:**
Monitor for signs of chest infection i.e. yellowy mucous, temp spikes, SOB, persistent coughing etc.

**Food texture**
- □ 7 - Regular
- □ 6 - Soft & bite sized
- □ 5 - Minced & moist
- □ 4 - Pureed
- □ 3 - Liquidised

**Drink thickness**
- □ 4 - Extremely thick
- □ 3 - Moderately thick
- □ 2 - Mildly thick
- □ 1 - Slightly thick
- □ 0 - Thin

**MEDICATION:**
- Tablet form
- With teaspoon of puree
- No whole tablets – manipulate as appropriate
  (Liaise with TGA hospital pharmacy team: 5798726)

Acknowledgements to Bay of Plenty DHB
**EQUIPMENT:**
- Specialised cup:
  - Nosey cup
  - Sipper cup
  - Cup with handle/s
- Avoid using straws

**PLAN:**
- Community/outpatient SLT follow up
- Discharged from SLT - if you notice any on-going or new difficulties with swallowing please re-refer patient to SLT services.
- Other referrals pending:____________________

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**SPECIAL INSTRUCTIONS**

1. **SUPERVISION:**
   - Self-feeding
   - Supervised feeding
   - Hand-on-hand assistance
   - Full assistance with feeding

2. **ORAL CARES:**
   - 2 hourly
   - 4 hourly
   - Suction swabs
   - Morning and night
   - Before/after oral intake

3. **BEFORE SWALLOWING:**
   - Position correctly-90 degrees upright, in midline
   - Reduce distractions
   - Ensure patient is alert and if not postpone
   - Check correct food/fluid is received

4. **DURING SWALLOWING:**
   - Discourage talking during swallowing
   - Single small mouthfuls only
   - Prompt to slow down intake rate (e.g. verbal)
   - Remind to swallow (e.g. verbal or tactile)
   - Extra swallow required. Regularity:
     _________________
   - Ensure patient has swallowed prior to offering next mouthful
   - Avoid mixing solids and liquids
   - Positional compensation strategies:
     _________________

5. **AFTER SWALLOWING:**
   - Remain sitting upright 15-20minutes post oral intake
   - Check for buccal/cheek pocketing of food

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ADDITIONAL NOTES

Speech Therapist: ___________________________ Signature: ___________________________