

Patient label here

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:

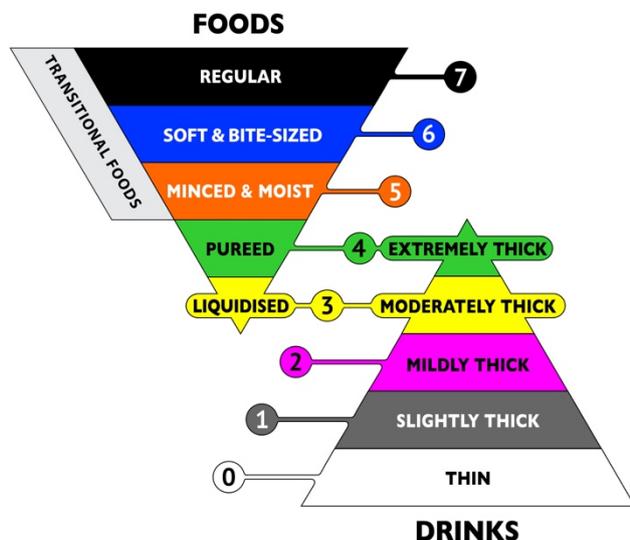
Monitor for signs of chest infection i.e. yellowy mucous, temp spikes, SOB, persistent coughing etc.

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



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MEDICATION:

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

Do not alter any of the above without clearance from SLT

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: _____

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

ADDITIONAL NOTES

Speech Therapist: _____ **Signature:** _____