

Red Flags for Swallowing Difficulty

Patient:

ID:

Room:

Reported by:

Date:

Form Instruction: Check appropriate for observations. Report and submit to nursing and speech language pathologist.*

➔ Difficulty managing a solid bolus

- Cannot bite off a piece of solid food
- Does not chew solids
- Chews very slowly
- Avoids solid foods requiring chewing
- Food particles fall 'all over' mouth
- Pocketing of food
- Difficulty moving bolus to the back of the mouth
- Takes a long time to swallow
- Extra oral loss (food or liquid falling out)
- Coughing or gagging before, during or after a swallow
- Wet voice quality after the swallow
- Hoarse voice after the swallow
- Residuals in oral cavity after the swallow

➔ Difficulty managing a liquids bolus

- Inability to extract liquids from a straw
- Extra oral loss (food or liquid falling out)
- Takes a long time to swallow
- Coughing before, during or after the swallow
- Wet voice quality after the swallow
- Hoarse voice after the swallow

➔ Other

- Nasal regurgitation
- Difficulty in managing oral secretions
- Gets distracted from eating / needs to be reminded food is in mouth
- Difficulty taking oral medications
- Inability to maintain upright or semi-reclined position
- Inability to maintain neutral head position
- Teeth or dentures are missing or not aligned
- Complains of pain or discomfort when swallowing

***These are only suggestions and should not replace the assessment and due diligence of qualified healthcare professionals.**

Adapted from *Evaluation and Treatment of Swallowing Disorders*. Jerilyn Logemann. 1983 Pro-ed, Inc. pp 40-42.

For additional copies of this form visit www.Dysphagia-Diet.com

Copyright 2010. Med-Diet, Inc. Plymouth, MN