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SPEECH & LANGUAGE THERAPY DEPARTMENT
SAFETY PROCEDURES FOR SWALLOWING

DO NOT PROCEED WITH ORAL INTAKE IF:

BREATHLESSNESS INCREASES
CHOKING OCCURS
TEMPERATURE INCREASES
COLOUR CHANGE IN FACE
GENERAL DISTRESS OCCURS

WHEN FEEDING

The patient must be awake and alert.

The patient should be seated upright - in a chair if possible.

The patient should keep his chin down; make sure he does not throw his head back to swallow.

Make sure the patient has only **one small** mouthful of food or sip of liquid at a time.

Make sure all the food has been completely swallowed before the patient has the next mouthful.

Two swallows per spoonful of food may be necessary.

Don't rush the patient. Frequent pauses may be necessary.

After every 2 or 3 spoonfuls of food encourage the patient to say "Ah". If the voice sounds gurgly he must cough and clear the throat and then swallow.

At the end of the meal please ensure the patient's mouth is clear, especially in the cheeks.

Record all intake and monitor weight.

The patient must remain sitting up-right for at least half an hour after each meal.

Please talk to the patient and tell them what you are doing as you are feeding them. This gives them confidence and makes the mealtime more pleasant and relaxed.

Textures and amounts recommended: