



Swallowing Disorders

Based on a diagnosed disease process, swallowing disorders and risk of choking or aspiration may be possible with the following:

- ✓ Stroke
- ✓ Dementia
- ✓ Neurological diseases
- ✓ Cognitive deficits and disabilities
- ✓ Respiratory diseases
- ✓ Digestive systems with swallowing difficulties

Aspiration – the accidental entry of food or a foreign object into the trachea or windpipe while eating. Aspiration can also occur during vomiting. If aspiration occurs during vomiting, turn head to one side allowing the vomitus to drain out of the mouth.

Preventing Aspiration or choking

- ✓ Offer fluids between solid foods
- ✓ Feed or eat slowly and in an upright position
- ✓ Cut food into small pieces which can be eaten with fingers/utensils
- ✓ Make sure that the client is wearing well- fitting dentures
- ✓ Mechanical grinding food into a pureed consistency with a blender or food processor

***** The universal sign for choking is hands that are grasping at the throat and speaking is not possible***** |

****CALL 911 for Unresponsiveness****