

SPEECH THERAPY-DYSPHAGIA STRATEGIES IN-SERVICE SHEET

Residents Name:

Rm:

TOPIC: Safe swallowing strategies and techniques

Summary:

Caregiver education and returned demonstration in utilizing safe swallowing strategies / techniques during feeding times. Caregiver will provide resident with _____ consistency.

Utilizing the following swallow strategies and techniques:

1. Feed the resident only when **ALERT**. Resident requires 1;1 monitoring during all meals. Resident can feed self, however **requires** cues during meals to minimize risk of aspiration.
2. **** Upright posture/ 90 degree angle** during and following PO intake. ******
3. Provide cues to have **small amounts** at a **slow rate** (small bites and small sips). ***Resident will cough when eating/drinking too fast!***
4. Check **oral cavity** for residue. Give cues to ‘dry-swallow’ after sips/bites.
5. If using straw, **monitor** amounts. (small sips).
6. If resident exhibits **coughing** or **throat clearing** during meals continuously, please **notify SLP**.

Caregiver present during in-service:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Therapist's signature

Date