



Name \_\_\_\_\_

# Dysphagia:

## Difficulty Swallowing

# Dysphagia

## Difficulty Swallowing

---

### What is it?

- **Difficulty Swallowing**- moving food from mouth through throat to the esophagus to stomach, unable to swallow without changing the consistency of food or beverage

### Signs and Symptoms:

- **Unexplained weight loss**- not being able to swallow at all, pain while swallowing, food and beverages leaking out of the mouth, malnutrition, dehydration, respiratory problems or infections
- **Frequent heartburn**- regurgitation, pressure or pain in chest area, acid or food backup in the throat
- **Aspiration**- choking, gagging, or coughing while eating, food getting stuck in your throat or chest, gurgling sound in the throat, can't coordinate breathing with eating or drinking

### Facts:

- **Aging**- esophagus tends to lose some of the muscle strength and coordination needed to push food into the stomach
- **GERD (Gastroesophageal Reflux Disease)**- stomach acid has damaged the esophageal tissues, makes swallowing difficult
- **Scleroderma**- overgrowth of scarlike tissue, causes hardening of the tissues
- **Neurological Disorders**- post-polio syndrome, multiple sclerosis, Parkinson's Disease, muscular dystrophy, stroke, brain or spinal cord injury

### What can I do?

- **See your Physician or Health Care Provider**- Barium X-Ray, Endoscopy, Esophageal Muscle Test
- **See RD for help as needed**- help modifying the textures
- **See FFF RD on line for help**- look under Consistency Modification for more information on Dysphagia and the Levels
- **See an Occupational Therapist**- let FFF refer you

# Dysphagia

## Difficulty Swallowing

---

### What is it?

- **Difficulty**- moving food from the front to the back of the mouth
  - Moving food to the esophagus

### Signs and Symptoms:

- **Uncoordinated or weak muscles**- of the mouth, throat, motor, sensory
  - Defects that may prevent proper chewing and or swallowing
- **Choking**- coughing before, during or after each meal; aspiration of saliva or food, drooling, retention of food in the mouth/pocketing of food in the cheeks, gurgly voice, excessive salivation, fear of choking, pain when ingesting food
- **Pneumonia**- dehydration, fever, infection
- **Anorexia**- malnutrition, weight loss, fatigue at meal times, anxiety, depression, pain

### Conditions where Dysphagia may be seen:

- **Head Injury**- brain tumors, cancer of neck or throat, dementia, Alzheimer's Disease
- **Other Diseases**- Multiple Sclerosis, Cerebral Palsy, Parkinson's Disease, Huntington's Disease, Myasthenia Gravis, Stroke, Amyotrophic Lateral Sclerosis, Oral Candidiasis, Laryngectomy

### Facts:

- **Thin Liquids**- not well tolerated without a thickening agent
  - **Thin liquids**- water, fruit juice, vegetable juice, milk, colas, coffee, tea, yogurt, gelatin, nutritional supplements, eggnog, sherbet, broth and others
- **Avoid**- sticky foods, peanut butter, caramels, taffy, Blow Pops, gum

### What can I do?

- **See your Physician or Health Care Provider**- modified barium swallow
- **See a RD**- for help as needed
- **See FFF RD**- on line for help

# Dysphagia

## Difficulty Swallowing

- **Speech Therapist or Pathologist**- may be contacted by your Physician to help the RD with the consistency needed for the patient
- **Eating**- quiet area, warm (not hot) foods or cold foods, drink fluids after mouth is empty; upright position 30 minutes before and after meals, feet on the floor, head slightly forward, always cleanse mouth before eating



# Dysphagia

## Difficulty Swallowing

---

### Quiz:

1. Dysphagia is moving food from the front of the back of the mouth, moving food to the esophagus.
2. *Symptoms of pneumonia are dehydration, fever and infection.*
3. Name 2 thin liquids.
4. *Anorexia has symptoms of malnutrition, weight loss, no fatigue at mealtimes, anxiety, depression and pain.*
5. Avoid peanut butter, sticky foods, taffy, and all gums
6. *Name 3 conditions where dysphagia may be seen.*
7. Choking is coughing before, during or after each meal; aspiration of saliva or food, drooling, retention of food in the mouth/pocketing of food in the cheeks, gurgly voice, excessive salivation, fear of choking, pain when ingesting food.
8. *Some of the level 2/Mechanical Foods are a banana, chocolate bar, soft cookies, squeeze yogurt, soft cookies and cookies with fillings as butter, cream cheese, jelly, margarine, peanut butter, whip topping and truffles.*
9. How do these patients get enough calories?
10. *Talk about your patients or residents that have dysphagia and what you can do to help them gain weight, adjust to the diet, etc...*

# Dysphagia

## Difficulty Swallowing

---

### Answers to Quiz:

1. True
2. *True*
3. **Thin Liquids**- water, fruit juice, vegetable juice, milk, colas, coffee, tea, yogurt, gelatin, nutritional supplements, eggnog, sherbet, broth and others.
4. *False-has fatigue at meals*
5. True
6. **\*Head Injury**- brain tumors, cancer of neck or throat, dementia, Alzheimer's Disease and **\*Other Diseases**- Multiple Sclerosis, Cerebral Palsy, Parkinson's Disease, Huntington's Disease, Myasthenia Gravis, Stroke, Amyotrophic Lateral Sclerosis, Oral Candidiasis, Laryngectomy
7. True
8. True
9. Fortified Foods, supplements, adding extra calories and fats.
10. *Talk about patients/residents being underweight, weight losses, how, when, higher calories foods that the patients will intake as ice cream, puddings, and talk with your RD, ST, Pathologist for suggestions or recommendations.*

# Dysphagia Difficulty Swallowing

## Education Record for Dietary Department

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Instructor: \_\_\_\_\_

Title: ***Dysphagia- Difficulty Swallowing***

Persons in Attendance-sign below- all employees\*\*\*

A synopsis of the in-service includes:

- Thickeners
- General Guidelines
- 4 Stages
- 4 Diets
- Pneumonia
- Anorexia
- Head Injury
- Goals
- Exempt Items

Signatures:

1: \_\_\_\_\_ 11. \_\_\_\_\_  
2: \_\_\_\_\_ 12. \_\_\_\_\_  
3: \_\_\_\_\_ 13. \_\_\_\_\_  
4: \_\_\_\_\_ 14. \_\_\_\_\_  
6: \_\_\_\_\_ 16. \_\_\_\_\_  
7: \_\_\_\_\_ 17. \_\_\_\_\_  
8: \_\_\_\_\_ 18. \_\_\_\_\_  
9: \_\_\_\_\_ 19. \_\_\_\_\_  
10: \_\_\_\_\_ 20. \_\_\_\_\_

Responses and Comments:

---

---

---

---

---

# CERTIFICATE

1 HOUR ON – DYSPHAGIA- DIFFICULTY SWALLOWING

CERTIFICATE FOR: \_\_\_\_\_

DATE: \_\_\_\_\_

TITLE: DYSPHAGIA- DIFFICULTY SWALLOWING

BY: FOOD FITNESS FIRST, INC. <sup>TM</sup>

SIGNATURE: \_\_\_\_\_

[www.foodfitnessfirst.com](http://www.foodfitnessfirst.com)

