

Swallow Guide: Safety with Meals

Patient's name: _____ Date: _____

SLP name: _____ Pager #: _____

Oral care

Please complete oral care _____ times per day.

Liquids

None Ice chip protocol Free water protocol Thin Mildly thick Moderately thick

Food

Pureed

Food is smooth and free of lumps. Food is not sticky. Does not require chewing.

Minced and moist

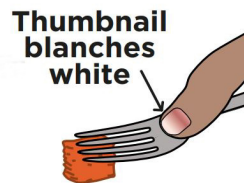
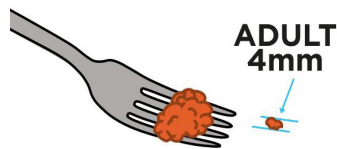
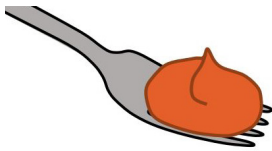
Soft and moist, but with no liquid leaking or dripping. No biting needed. Easily mashed with a fork. Pieces of food must fit between prongs of a fork.

Soft and bite size

Soft, tender and moist but with no liquid leaking or dripping. Food can be mashed with pressure on a fork. Bite size pieces no bigger than width of fork prongs.

Regular

Normal food with no texture modifications.



Medicines

Non-oral Crushed Whole With puree With liquid

Strategies

Chin tuck Alternate solids/liquids Other: _____
 Side lying: left right Alternate hot/cold
 Head turn: left right Multiple swallow
 Head tilt: left right Effortful swallow

Assistance

Feeds self Set up food/tray Total assist Cues: _____

Equipment

Dentures Glasses Straw Adaptive utensils