

Speech and Language Therapy – Dysphagia - Swallow Advice

Safety

Follow advice regarding modified texture diets to reduce your risk of:

- Aspiration- food or drink goes into the lungs (instead of the stomach)
- Asphyxiation (when food blocks the throat/airway). See ECCH choking sheet below.

Thickened drinks

In the hospital you may be given Thick and Easy Clear to thicken your drinks. When you collect your first prescription at home, you may be given Nutilis Clear instead. They are very similar products and work in the same way.

Follow the IDDSI guidance you have been given and use the coloured box on the side of the tin e.g. IDDSI level 1,2,3 or 4 to find the corresponding scoops of thickener you need to use. Always use the scoop which comes in the tin.

Use a measuring jug to measure 200mls of fluid for making up each drink. You may be given a Nutilis shaker to use instead if you don't have a jug.

Modified texture diets

Follow the guidance you have been given for taking either a puréed diet, minced and moist diet, soft and bite sized diet, or regular easy to chew diet.

Find useful information in the Nutricia Nutilis Clear brochures – 'Your guide to safe swallowing and easy eating' or 'Tasty food, safer food'.

Also look at the IDDSI website www.iddsi.org or for recipe ideas sign up to My Nutilis at www.mynutlis.co.uk

You can purchase frozen ready meals made to fit the IDDSI descriptors which can be delivered to your home e.g. from Wiltshire Farm Foods, Oakhouse Foods.

If you have concerns about your swallow, please contact your GP.

CHOKING (Adult/Child)

If your casualty is choking...



Encourage them to cough



If this does not work, give 5 back blows



If this does not work, give 5 abdominal thrusts



If there is no improvement after **1 cycle** then you must call for an ambulance.....



Continue to repeat the process of 5 back blows, 5 abdominal thrusts.....

Be prepared to commence CPR !!