



Speech Therapy

- Acute Therapies at RiverBend - Phone: (541) 222-6362
- Acute Therapies at University District - Phone: (541) 686-6362
- Oregon Rehabilitation Center at University District - Phone: (541) 686-7363
- Outpatient Rehabilitation Services at University District - Phone: (541) 686-7085

Patient Name: Mike Brooks

The results of your Modified Barium Swallow / In-Clinic Swallow Evaluation on 5/29 showed

deep penetration

It is recommended that you follow these diet recommendations:

**SOLIDS:**

- Nothing orally (NPO)  Dysphagia Advanced
- Dysphagia Puree  Mechanical Soft
- Dysphagia Transitional  Regular (general) **small bites**

**LIQUIDS:**

- Nothing orally (NPO)  Ice chips only
- Thin (water, coffee, tea, Ensure, all juices) **small sips**
- Nectar-thick (buttermilk, nectars, tomato, milkshakes, blenderized soups, cream)
- Honey-thick (can't drink it through a straw, but you don't need a spoon)
- Pudding-thick (pudding, custard style yogurt, fruit custard)

**COMPENSATORY STRATEGIES:**

Positioning:

- Upright at 90 degrees
- Chin-tuck positioning
- Turn head right/left
- Tilt head right/left
- Other: \_\_\_\_\_

Supervision:

- Intermittent
- Constant
- Feeding needed
- Feeds self with set-up
- None

Medication:

- With water
- In pureed food
- Crushed in pureed
- With thick liquid
- 1 pill at a time

**For A Safe Swallow Please . . .**

- Take small bites/sips
- Wait for each swallow before taking another bite/sip
- Alternate food/liquid
- Use a straw
- Do not use a straw
- Check for pocketing food
- Rinse mouth/dentures after eating
- Clear throat then swallow if gurgly voice
- Other: ? chin-tuck

- Swallow twice: dry swallow **x3**
- Remain upright approximately 30-45 minutes after eating.
- If coughing occurs, stop eating
- Do not feed patient if tired or sleepy
- Swallow first, then talk
- Place food right / left / center of mouth

Follow-up with the Speech-Language Pathologist is recommended. If you are in agreement, your appointment will be scheduled after we receive orders from your Physician.

Amber Cronin MS, CCC-SLP

Therapist Signature

EMR#

Date

Time

Patient Identification