

For further information please contact:

Speech Pathology Service

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**ST VINCENT'S
PRIVATE HOSPITAL**
TOOWOOMBA

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA



St Vincent's Private Hospital Toowoomba

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Acknowledgements: Speech Pathology Australia Clinical Guidelines –
Dysphagia & Videofluoroscopic Swallow Study

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DYSPHAGIA

A disorder of swallowing

INFORMATION FOR PATIENTS AND CARERS

Do you need an INTERPRETER?

The hospital provides a free, confidential interpreting service. Please ask your doctor or nurse to organise one for you.

HA BISOGNO DI UN INTERPRETE? L'ospedale offre un servizio interpreti gratuito e confidenziale. Chieda al Suo medico o alla Sua infermiera di organizzarLe un interprete

¿NECESITA UN INTÉRPRETE? El hospital le ofrece un servicio de intérpretes gratuito y confidencial. Por favor, solicite a su médico o enfermera que lo organice.

ΧΡΕΙΑΖΕΣΤΕ ΔΙΕΡΜΗΝΕΑ; Το νοσοκομείο παρέχει δωρεάν, εμπιστευτική υπηρεσία διερμηνείας. Παρακαλείστε να ζητάτε από το γιατρό ή νοσοκόμο σας να κανονίζει διερμηνέα για σας.

TREBA LI VAM TUMAČ? Bolnica pruža besplatnu i poverljivu službu tumača. Molimo vas, upitajte vašeg liječnika ili medicinsku sestru da vam to organiziraju.

ДА ЛИ ВАМ ТРЕБА ПРЕВОДИЛАЦ? Болница пружа бесплатне, поверљиве услуге преводиоца. Замолите свог лекара или медицинску сестру да вам обезбеде преводиоца.

QUÍ VỊ CÓ CẦN THÔNG NGÔN VIÊN KHÔNG? Bệnh viện cung cấp dịch vụ thông ngôn miễn phí và kín đáo. Xin yêu cầu bác sĩ hay y tá sắp xếp thông ngôn viên cho quý vị.

您需要傳譯員嗎?
本醫院提供免費而保密的傳譯服務。請要求您的醫生或護士為您安排傳譯員。

TERCÜMANA İHTİYACINIZ VAR MI? Hastanemiz ücretsiz ve gizlilik ilkesine bağlı tercümanlık hizmeti sunmaktadır. Doktorunuz veya hemşirenizden size bir tercüman temin etmelerini rica ediniz.

MA U BAAHAN TAHAY TURJUMAAN? Isbitaalku wuxuu bixiyaa adeeg turjumaan oo lacag la'aan ah, qarsoodina ah. Fadlan weydii dhaqtarkaaga ama kalkaaliyahaaga inay turjumaan kuu ballamiyaan.

هل أنت بحاجة إلى مترجم؟ نقدم المستشفى خدمة ترجمة مجانية وسريّة. الرجاء الطلب من طبيبك أو الممرضة الترتيب لمترجم لأجلك.

Dysphagia is the medical term used for difficulty or inability to swallow. It may present as difficulty with sucking, swallowing, drinking, chewing, eating, controlling saliva, taking medication or protecting the airway. It is a disorder that can occur at any time across the lifespan and can be short or long term.

Normal swallowing is when food and drink pass from the mouth to the stomach. A healthy adult swallows at least 500 times per day. It is a very complex task and uses 26 muscles and many nerves to coordinate the split second timing needed to safely swallow. Mistimed movements can lead to food or drink 'going down the wrong way' and entering your lungs.

If food and fluid enters the lungs, pneumonia or choking can occur.

Common Causes in Adults

- Age related changes – Presbyphagia
- Stroke
- Brain Injury
- Dementia
- Progressive neurological conditions such as Motor Neurone Disease and Parkinson's Disease
- Chronic Obstructive Pulmonary Disease
- Cancer of head and neck
- Genetic conditions from childhood such as Cerebral Palsy
- Medications that effect the nervous system can cause dysphagia by impacting swallow movements or causing a dry mouth.

Clinical Evaluation of Swallowing (CES)

A Clinical Evaluation of Swallowing (CES) is when a speech pathologist comes to assess your swallow function. Some signs that there are problems with the swallow include coughing, gagging or choking when eating and drinking.

During a CES the following phases are assessed:

- **Pre-oral phase** – how the food/drink is brought to the mouth.
- **Oral phase** – how the food/drink is manipulated in the mouth.
- **Pharyngeal phase** – how the food/drink moves down the throat.
- **NB: Oesophageal phase** (how the food/drink moves down the oesophagus) is not assessed as it is outside speech pathology scope of practice. To assess this phase, a gastroenterologist may be required.
- Refer to 'Safe Swallowing Strategies' brochure



Food and Drink Texture Modifications

FOOD

- Regular diet (IDDSI Level 7)
- Easy to Chew Diet (IDDSI Level 7)
- Soft & Bite-Sized Diet (IDDSI Level 6)
- Minced & Moist Diet (IDDSI Level 5)
- Pureed Diet (IDDSI Level 4)

DRINKS

- Thin Fluids
- Mildly Thick Fluids (IDDSI Level 2)
- Moderately Thick Fluids (IDDSI Level 3)
- Extremely Thick Fluids (IDDSI Level 4)

YOUR FOOD AND DRINK:

FOOD: _____

FLUIDS: _____

COMPENSATORY STRATEGIES:

Further Information & Resources

- Online patient education videos:
 - o Dr Ianessa Humbert, Ph.D., CCC-SLP ⇒ Patients ⇒ Videos
 - o <https://ianessahumbert.com/videos/>
- Speech Pathology Australia
 - o Resources for the Public - Fact Sheets: Dysphagia