

SLP-chosen for you, from the Nicespeechlady.com library SPEECH PATHOLOGY PATIENT: \_\_\_\_\_

SPEECH PATHOLOGIST: \_\_\_\_\_

SPECIAL INSTRUCTIONS: \_\_\_\_\_

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



### **HANDOUT-ABLE: Bedside Swallow Evaluation Results/Recommendations Sheet**

A speech pathologist has evaluated the patient based upon: medical history, investigation of possible signs/symptoms of aspiration, an oral-mechanism examination, analysis of data from family/caregiver reporting, consideration of behavioral factors and direct testing via a bedside swallow evaluation -- with trials of oral intake with various consistencies, and with attempts at multiple strategies, as indicated.

The following has been recommended (for safety) -- due to results from this bedside swallow evaluation:

- 1.
- 2.
- 3.
- 4.
- 5.

It is recommended these consistencies/strategies be utilized until testing can be re-conducted.

In addition, the following general guidelines for safe swallowing are recommended: elevate/keep upright as close to 90 degrees as possible for all oral intake (posture like sitting in a chair), avoid talking during swallowing, and remain upright as close to 90 degrees for at least 30 minutes after meals.

These recommendations are for the **current** status of swallowing. If the patient experiences as decline in functioning, contact nursing or a provider immediately to contact the speech pathologist regarding details on changes in swallowing -- so that the patient can be urgently re-assessed for possible new recommendations.

\_\_\_\_\_  
Speech Pathologist

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Organization/ Contact Information

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