

SECTION #8

PREVENTION

PLANNING TO PREVENT ASPIRATION



➤ “ASPIRE TO NO ASPIRATION”

- Individual support
- Include client in planning
- PAY ATTENTION!



PAY ATTENTION WHEN



- It takes 30 or more minutes to eat
- The person can't breathe and swallow at the same time
- He/she makes gurgling sounds
- The person has an absent or weak cough
- He/she is not alert
- He/she is ruminating or vomiting
- The person has lost weight



REFER the person for swallowing assessment
and choking prevention plan

ASPIRATION PREVENTION

➤ Ensure that everyone working with the person knows:

the individual, meal plan, positioning, symptoms to watch for (i.e. chewing/swallowing problems, coughing/choking, who to contact in an emergency, what to report)



➤ Environmental enhancements: such as coated spoons, special dishes or cups, other assistive devices, seating, etc., to prevent aspiration

➤ Diet: “special diets”, amounts, prompts, items that must be avoided, assistive eating techniques, reflux meds and precautions, presentation of meals, adequate nutrition, fluid intake, consistency/texture

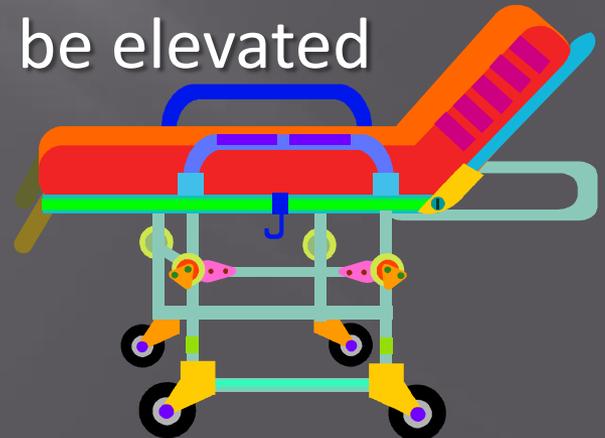


BE AWARE OF THE IMPORTANCE OF POSITIONING DURING EATING



If sitting down: sit upright or at 30-45 degrees, head midline/chin tucked

If lying down: head of bed should be elevated at least 30-45 degrees



FOR BOTH SITTING AND LYING DOWN



- Feeder to sit **at or below person's eye level**
- Encourage **bites, sips, eating slowly**
- **Limit use of straws** because fluid flow can't be controlled and person may get too much/too fast
- **Watch for** the person to **swallow**
- **Check mouth** for contents before giving more
- Encourage the person **not to talk while eating**

