

## SECTION #9

# DEVELOPING PLANS FOR PREVENTION AND TRAINING

# DEVELOP AN ASPIRATION/CHOKING FLOW SHEET TO TRACK THE PERSON'S ACTIONS

- What happened and What caused the problem? (coughed or choked during dinner; on hot dog, candy)
- When did it happen? (5 pm)
- Where did it happen? (in dining room)
- Is the person on a special diet? (If yes, what is it?)
- Why is the person on a special diet? (history)
- How was it resolved? (spontaneously coughed and cleared, or what assistance was required)
- Tell all caregivers the situation (all need to know)



REPORT FINDINGS TO SUPERVISOR AND ASK ABOUT A SWALLOWING ASSESSMENT



# THESE INDIVIDUALS CAN HELP WITH SWALLOWING ASSESSMENT & PLAN

- Nurse (consultant regarding health status, assist with triage to appropriate resources)
- Primary Health Care Provider/Physician (assess health status and refer to therapists)
- Speech Therapist (swallowing assessment, recommendations and follow up therapy)
- Dietician (nutritional consult, recommendations, follow up)
- Occupational or Physical Therapist (possible assistive devices, therapies)
- Client's Service Coordinator (who may coordinate therapies, monitor, etc.)

# ONCE AN ASPIRATION PROBLEM IS IDENTIFIED

- Train staff



- Include details in IISP, ISP,  
plan of care



- Review and update continually

# TRAIN TRAIN TRAIN



BE PROACTIVE!

BE PREPARED!

- “Pre-think” what to do in various emergency situations, practice, role play
- Know who to contact: emergency services, supervisor, provider, where to find telephone numbers, and what to report

➤ Know + Call 911



➤ Know CPR & Heimlich



# OUTCOMES OF ASPIRATION PREVENTION INCLUDE

- Fewer pneumonias
- Decreased emergency room visits
- Less deaths
- Fewer feeding tubes
- Increased nutritional status of clients
- Improved quality of life





**PREVENTING  
ASPIRATION or  
ASPIRATION PNEUMONIA  
IS WELL WORTH THE  
EFFORT!**

