

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

## Signs and Symptoms of Aspiration:

- Running, itchy, red eyes
- Running nose during meals
- Shortness of breath
- Wheezing
- Fever
- Fatigue
- Gurgly voice

## Tips to Reduce Risk of Aspiration:

- Meal Time Safety
  - Sit upright as much as possible during meals
  - Eat slowly
  - Select foods with similar textures for ease in chewing and swallowing
  - Take small bites with sips
  - Tuck chin to assist with swallowing
  - Swallow twice
  - Cough or clear throat and swallow when voice is gurgly
  - Remain upright following meals for approximately 30 minutes
  - Check cheeks during and following meals to ensure no pocketing of food
- Remain as mobile as possible
- Raise head approximately 30 degrees while laying down (using pillows or wedge)
- Report signs of aspiration to your nurse

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### IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.  
For ALL emergencies requiring IMMEDIATE medical attention, call 911.