Nutrition Interventions for Treatment of **Dysphagia**

**Nutrition Screening**

- Drooling, spillage of food or liquid from mouth, slow eating, inability to complete meal due to fatigue, pocketing food in mouth, repetitive rocking on tongue, reduced lip closure, reduce range of tongue motion, repeated swallowing, frequent throat clearing, wet sounding voice, complaints of food stuck in throat, coughing before, during and after swallowing, repeated pneumonia, increased temperature, chest congestion, refusing meals or medications, poor intake, weight loss, diagnosis of Dysphagia

**Continue Plan of Care**

**Notify Physician and Family/POA of Observation**

Refer to Dietitian for Assessment

- Physical assessment: body fat/muscle wasting, declines in ADLs, decline in handgrip strength, skin assessment, edema, dentition, vision, feeding ability, chewing/swallowing capability, GI function

- Oral assessment: appropriateness of texture, meal intake, assistance offered with feeding

- Diagnoses, anthropometrics, food and fluid nutrient needs, adequacy of intake, lab values, medications

- Determine potential reasons for impaired swallowing ability: CVA, cancer, Alzheimer’s/dementia, head injury/trauma, medications, mucositis, esophageal stricture, vocal cord paralysis, surgical procedures of the spine, esophagus and anterior neck, neuromuscular disorders, scleroderma, xerostomia

**Nutrition Interventions**

- Consult with Speech Therapy to assess appropriate diet and fluid textures and need for compensatory strategies

- Consult with Occupational Therapy to determine any needs for feeding assistance and adaptive equipment

- Develop nutrition care plan to include diet, compensatory strategies and need for feeding assistance and adaptive equipment

- Provide fortified foods or high-calorie, high-protein texture-appropriate foods, such as **Thrive Ice Cream** containing 270k cals, 9g protein, 6g from sourced from all-natural chicory root, 3 1/2 fl oz to maintain hydration and 4 types of probiotics including BC-30 which is clinically proven to help increase protein intake

- Monitor intakes, tolerance to texture modification and weights weekly

**Diet tolerated, intake adequate, weight stable?**

**YES**

- **Continue Plan of Care**

- **Monitor weights, intakes and texture tolerance weekly for 4 wks.**

**NO**

- **Consult ST to discuss need for alternative nutrition**

- **Continue high-calorie, high-protein foods as tolerated; add additional supplementation as needed such as Thrive Ice Cream**

- **Assess advanced directives, patient/family goals; educate patient and family about needed for and risk/benefits for alternative options**

**Diet tolerated, intake adequate, weight stable?**

**YES**

- **Continue Plan of Care**

- **Monitor weights, intakes and texture tolerance weekly for 4 wks.**

**NO**

- **Recommend initiation of enteral nutrition if appropriate, and in accordance with patient/family wishes**

- **Recommend Hospice if enteral nutrition not appropriate and in accordance with family wishes**

- **Revise plan of care for unavoidable weight loss**