



WHAT IS DYSPHAGIA?

A training guide for healthcare professionals

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Swallowing is a complex process and involves the coordination of nerves and 50 different pairs of muscles in the face, neck, and oesophagus.¹

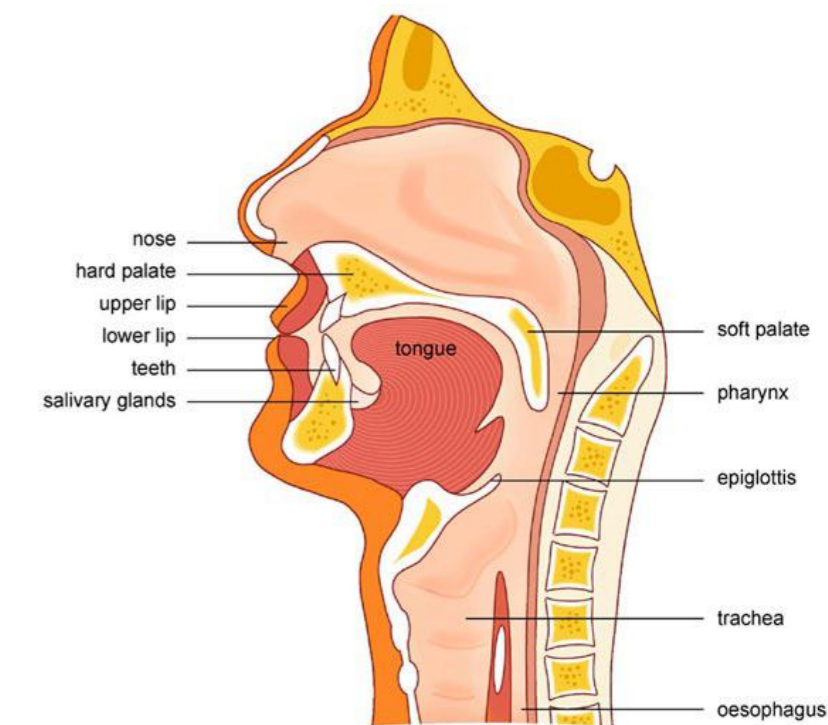
Dysphagia is a difficulty in swallowing solids or liquids, or both.²

Oro-pharyngeal dysphagia is the most common type of dysphagia, present in about 80-85% of dysphagia cases.³

WHAT IS ASPIRATION?

Aspiration can be a consequence of dysphagia.

Aspiration means food or fluids flowing into the trachea (and lungs) instead of going into the digestive system causing the individual to be at risk of chest infection and choking.



WHO CAN SUFFER FROM DYSPHAGIA?

Dysphagia can be caused by diseases like stroke, Alzheimer's, head & neck cancer, Parkinson's or can be a medical condition associated with ageing.⁴



60% of frail elderly⁴
50–75% of care home residents⁵



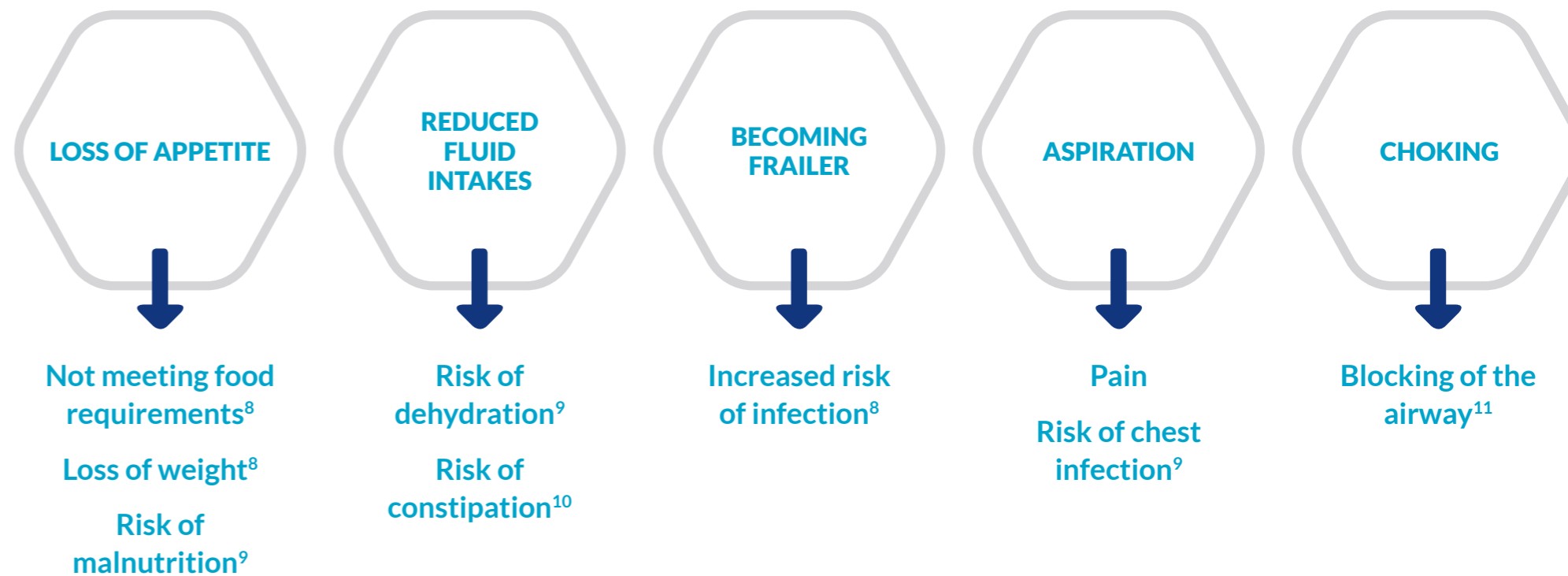
Up to 50% of head and neck cancer patients⁶



40%–78% of stroke patients⁷
52%–82% of Parkinson's patients⁴
Up to 84% of Alzheimer's patients⁴

WHAT ARE THE RISKS ASSOCIATED WITH DYSPHAGIA?

Individuals with swallowing difficulties are at risk of:



WHAT CAN YOU DO TO HELP YOUR PATIENTS/RESIDENTS?

Identify symptoms early and act.

DO THEY:

- Drool/produce excessive saliva?
- Show difficulty in chewing?
- Show painful swallowing?
- Cough or choke during swallowing?
- Clear throat frequently?
- Show impaired breathing during meal times?
- Avoid eating in the company of others?
- Take a long time to eat or struggle to finish meals?
- Avoid food, play with food or hold bolus in mouth?
- Need help to eat or drink?

WHAT CAN YOU DO TO HELP YOUR PATIENTS/RESIDENTS?

HAVE A TEAM APPROACH AND OBSERVE THE INDIVIDUAL

- Discuss with your colleagues
- Talk to the speech and language therapist
- Talk to the GP

SUPERVISE WHEN THEY EAT

- Assist them
- Monitor food and fluid intake
- If safe to do so, serve small quantities of drinks more often

FOLLOW THE SPEECH AND LANGUAGE THERAPIST'S RECOMMENDATIONS

- Special diets and thickened drinks to specific consistencies

THICKENER USE

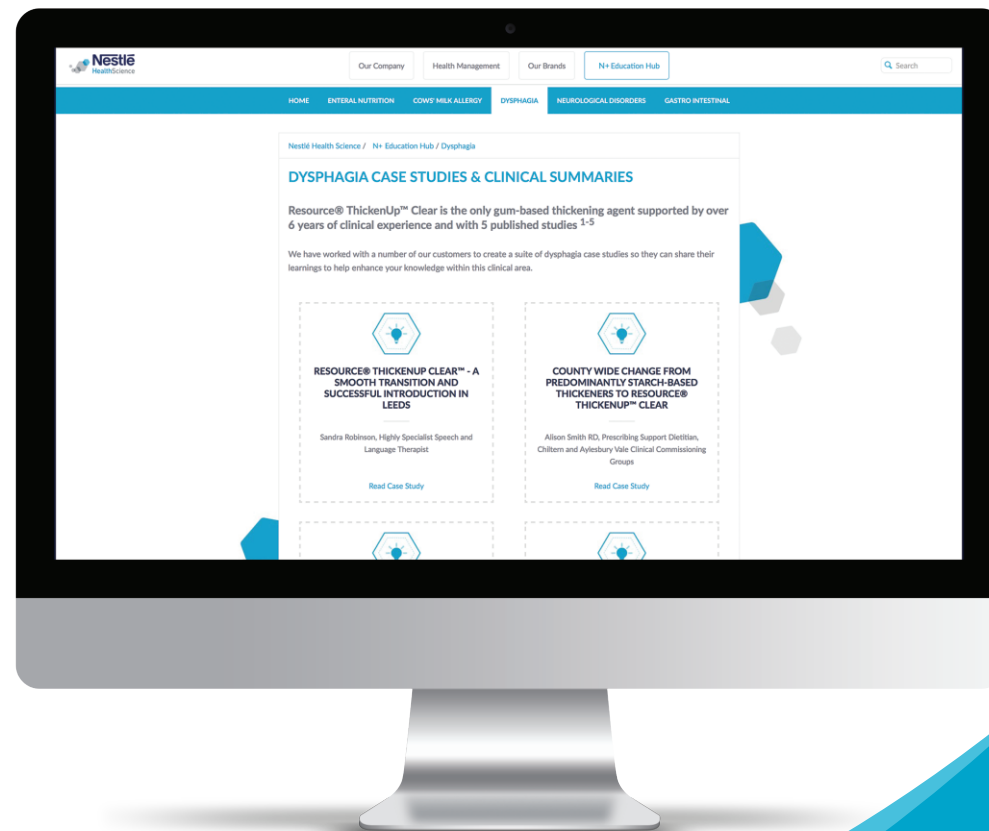
- Follow speech and language therapist's recommendations
- Follow recommended dosage instructions

VISIT THE NESTLÉ HEALTH SCIENCE N+ EDUCATION HUB FOR ADDITIONAL SUPPORT SERVICES:

- Request N+ dysphagia training
- Nestlé Health Science sample service
- Downloadable resources and tools
- Case studies and clinical summaries
- Patient support materials
- Videos and webinars

Register: nestlehealthscience.co.uk/nplus

For more information, please contact your local Nestlé Health Science representative or call 00800 6887 4846



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