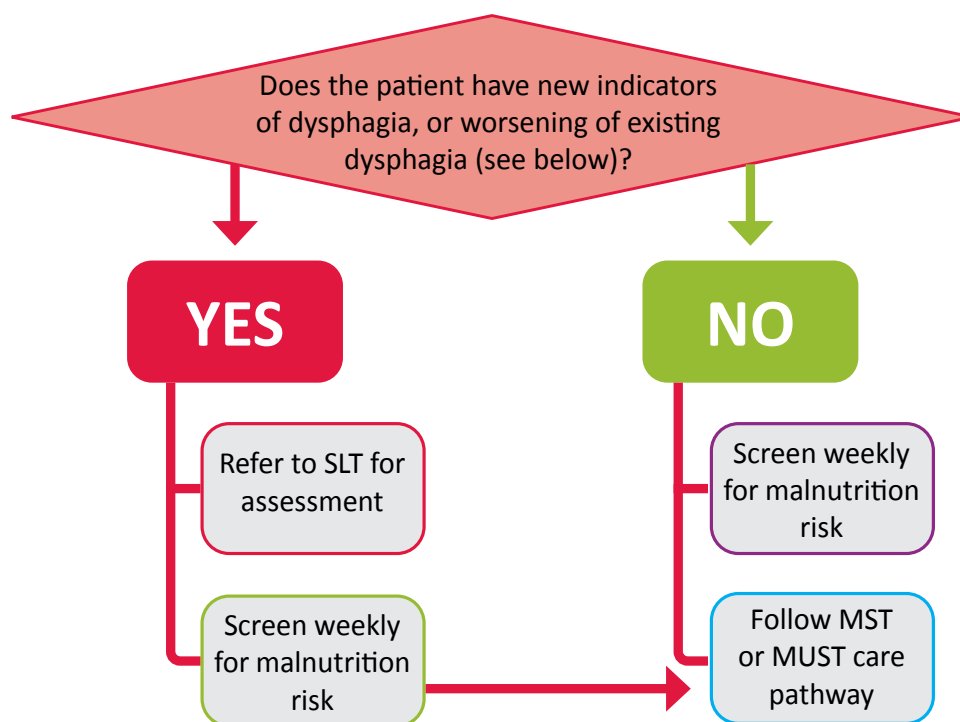


Inpatient Malnutrition Risk and Dysphagia Pathway



Obvious dysphagia indicators (adapted from NICE, 2006a)

- Difficult, painful chewing or swallowing
- Regurgitation of undigested food
- Difficulty controlling food or liquid in the mouth
- Drooling
- Hoarse voice
- Coughing or choking before, during or after swallowing
- Globus sensation
- Nasal regurgitation
- Feeling of obstruction
- Unintentional weight loss – for example, in people with dementia

Less obvious dysphagia indicators (adapted from NICE, 2006a)

- Change in respiration pattern
- Unexplained temperature spikes
- Wet voice quality
- Tongue fasciculation (may be indicative of motor neurone disease)
- Xerostomia
- Heartburn
- Change in eating habits – for example, eating slowly or avoiding social occasions
- Frequent throat clearing
- Recurrent chest infections
- Atypical chest pain

Key: SLT: Speech and Language Therapist; MST: Malnutrition Screening Tool; MUST: Malnutrition Universal Screening Tool.