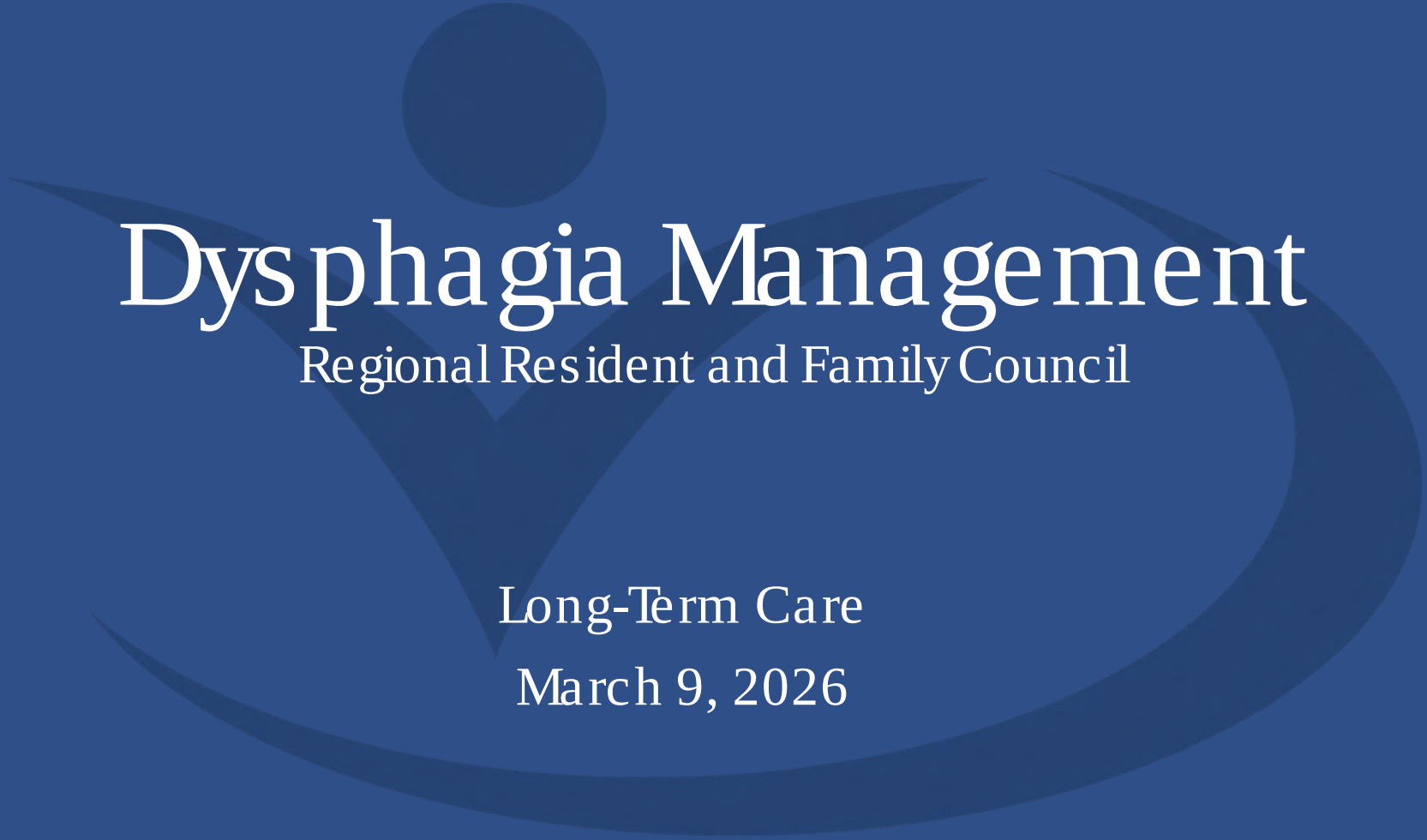




# Dysphagia Management

Regional Resident and Family Council

Long-Term Care

March 9, 2026

# Objectives

|                                       |                                            |
|---------------------------------------|--------------------------------------------|
| What Is Dysphagia                     | Why managing Dysphagia matters             |
| Commons signs of Dysphagia            | Assessment and team approach               |
| Safe Swallowing Strategies            | Documentation/Communication and next steps |
| Care Planning and Dysphagia Road Maps |                                            |



# What is Dysphagia

- Not just swallowing difficulty
- Person's ability to safely move food, liquids, or medication from the mouth to the stomach.
- Dysphagia early recognition is critical in the prevention of:
  - Aspiration
  - Pneumonia
  - Malnutrition
  - Dehydration
  - Airway obstruction incidents



# Why Does Dysphagia Matter

- Not just a clinical requirement, it's a human one.
- Making mealtime meaningful.
- Social, cultural and comforting.
- Keep residents safe without taking away the mealtime experience.



# Common Signs of Dysphagia

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- Coughing, airway obstruction/occlusion
- Wet or gurgled voice after swallowing
- Pocketing food in the cheeks
- Drooling or difficulty managing saliva
- Recurrent chest infections
- Weight loss
- Dehydration
- Avoidance of certain foods
- Prolonged mealtimes.



# Assessment and the Team Approach

Dysphagia Management is a team approach:

- **Unregulated health care providers (HCA's, CHW, AW, RA):** notice changes and initiate concerns
- **LTCH Regulated healthcare providers (Nurses):** assess and evaluate risk and coordinate referrals
- **Dysphagia trained professionals (RD, SLP, OT):** assess swallowing and recommend safe food strategies to align with IDDSI and RD support nutritional needs and texture modifications.
- **Most responsible Practitioners (MRPs):** help manage and diagnose underlying conditions.
- **Resident and families' goals of care:** remain partners in understanding preferences and goals of care while considering strategies in the prevention of airway obstruction/occlusion
  - “**Collaboration is essential-every team members plays a role**”



# Safe Swallowing Strategies

- Mealtime Observation Tool: provide completed tool to a regulated healthcare provider to review.
- Utilize the Dysphagia Management Long-Term Care: promoting a Positive Dining Experience for Unregulated Health Care Providers Education Resource.
- Implement safe swallowing strategies until assessments can be conducted. Inclusive of:
  - Upright at 90 degrees during meals
  - Remain upright for 30 minutes
  - Allow extra time for chewing and swallowing
  - Smaller bit sizes and sips
  - Modify textures based on the IDDSI framework
  - Utilize specialised cups
  - Plate guards

These strategies help keep residents safe while supporting the mealtime experience, enhancing autonomy and comfort.



# Documentation and Communication



- Mealtime Observation Tool
- Care Planning
- Yale Swallow Screen
- MRP Fax/Communication Order
- Resident focus charting

# Care Planning

- Resident goals of care
- Family engagement were applicable



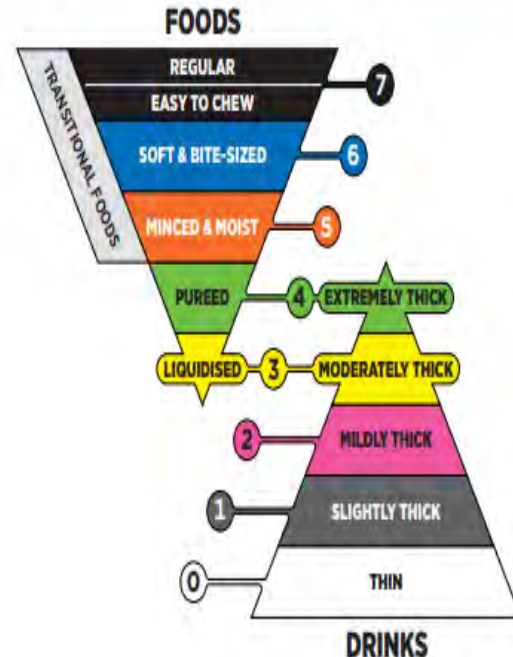
# Food and Fluid Testing Card



www.iddsi.org

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## Testing Reference Card



## Diet and Fluid Texture Terminologies

Refer to the Regional Diet Office Page on the insidenet for additional resources

### IDDSI ABBREVIATIONS

|                                |            |
|--------------------------------|------------|
| <b>7 Regular</b>               | <b>RG7</b> |
| <b>7 Easy To Chew</b>          | <b>EC7</b> |
| <b>6 Soft &amp; Bite-Sized</b> | <b>SB6</b> |
| <b>5 Minced &amp; Moist</b>    | <b>MM5</b> |
| <b>4 Pureed</b>                | <b>PU4</b> |
| <b>4 Extremely Thick</b>       | <b>EX4</b> |
| <b>3 Liquidised</b>            | <b>LQ3</b> |
| <b>3 Moderately Thick</b>      | <b>MO3</b> |
| <b>2 Mildly Thick</b>          | <b>MT2</b> |
| <b>1 Slightly Thick</b>        | <b>ST1</b> |
| <b>0 Thin</b>                  | <b>TN0</b> |

[Introduction to IDDSI\(201\) - Videos - IDDSI](#)

# Feeding No Simple Task



## Framework

Swallowing and mealtime observations

If concerns are raised it triggers a chain of assessment

Skills are required based on levels of training from:

- Providers who are not licensed with a college
- To providers who are licensed with a college
- Can have life limiting effects if not caught early
- Is built into our Residential Care Regulations section 37 (1,2,3)