

Yale Swallow Protocol

Date of assessment: _____

Exclusion Criteria. Don't complete the protocol if you answer YES to any of the following:

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| Y/N | Patient is unable to remain alert for testing. |
| | Patient is on a modified diet due to pre-existing dysphagia. |
| | Patient has tube feeding in place. |
| | Patient has head-of-bed restrictions of less than 30°. |
| | Patient has a tracheostomy tube. |
| | Patient is NPO by physician order. |

Brief Cognitive Screen. Record response.

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| 1. What is your name? | 4. Open your mouth. |
| 2. Where are you right now? | 5. Stick out your tongue. |
| 3. What year is it? | 6. Smile. |

Oral Mechanism Examination. Record range of motion and symmetry.

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| Labial closure | |
| Lingual range of motion | |
| Pucker and smile (facial symmetry) | |

3-Ounce Water Swallow Challenge. Prepare 3 ounces of thin liquid water in a cup. Provide a straw as needed.

1. Sit patient upright at 80-90° (or as tolerated, as long as over 30°).
2. Ask patient to drink **all 3 ounces of water, slow and steady, without stopping** (sequential sips). Watch them from the side to better observe any pauses.
3. Observe coughing or choking during or immediately after drinking all 3 ounces.
4. You may repeat if you believe your patient will pass with a second attempt.

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| | PASS. Drank all 3 ounces of water without pausing AND without coughing or choking during or immediately after completion. |
| | FAIL. Paused while drinking the 3 ounces AND/OR coughed or choked during or immediately after completion. |

If **FAIL**, recommend a comprehensive swallowing assessment.

Suiter, D. M., Sloggy, J., & Leder, S. B. (2014). Validation of the Yale Swallow Protocol: a prospective double-blinded videofluoroscopic study. *Dysphagia*, 29(2), 199–203.
<https://doi.org/10.1007/s00455-013-9488-3>