

Dysphagia Strategies

Strategy	Purpose	Information
Modified diet textures	<ul style="list-style-type: none"> ● Make chewing easier to support reduced strength, fatigue ● Reduce residue ● Energy conservation 	<ul style="list-style-type: none"> ● Regular ● Easy to chew: advanced soft, everyday soft and tender foods ● Soft & bite-sized: mechanical soft, tender, moist, need to be chewed ● Minced & moist: ground, lumps easily mashed with tongue ● Pureed: blended diet, eaten with a spoon
Thickened liquids	<ul style="list-style-type: none"> ● Make liquids slower to support reduced swallowing speed ● Reduce risk for laryngeal aspiration 	<ul style="list-style-type: none"> ● Thin liquids ● Slightly thick: natural nectar like tomato juice ● Mildly thick: nectar thick like thick chocolate milk or creamy soup ● Moderately thick: honey thick ● Extremely thick: also known as pureed
Modify enviro.	<ul style="list-style-type: none"> ● Increase attention to meals ● Reduce distractions ● Increase PO intake ● Energy conservation 	<ul style="list-style-type: none"> ● Reduce background noise ● Clear the table ● Have enough lighting ● Choose a comfortable seat that supports good posture ● Use adaptive equipment as needed ● Choose a feeding time when the patient is awake and alert ● Don't multitask
Small bites and sips	<ul style="list-style-type: none"> ● Reduce anterior spillage ● Compensate for reduced mastication ● Coordinate oral phrase ● Reduce pharyngeal pooling ● Reduce regurgitation ● Reduce laryngeal penetration ● Energy conservation 	<ul style="list-style-type: none"> ● Take small bites. ● Use smaller utensils. ● Take small sips. ● Use smaller cups.
Chin tuck	<ul style="list-style-type: none"> ● Reduce pharyngeal pooling ● Reduce laryngeal penetration 	<ul style="list-style-type: none"> ● Tape a sip, then look down at your lap. ● Swallow.
Throat clear plus reswallow	<ul style="list-style-type: none"> ● Clear laryngeal or pharyngeal residue ● Reduce laryngeal penetration 	<ul style="list-style-type: none"> ● After you swallow, clear your throat. ● Swallow again.

Bolus hold	<ul style="list-style-type: none"> • Coordinate oral phase • Reduce pharyngeal pooling • Reduce laryngeal penetration 	<ul style="list-style-type: none"> • Hold each bite in your mouth for 3 seconds, then swallow. • Hold each sip in your mouth for 3 seconds, then swallow.
Alternate bites and sips	<ul style="list-style-type: none"> • Reduce oral residue • Reduce vallecular residue • Reduce pyriform sinus residue • Reduce laryngeal penetration 	<ul style="list-style-type: none"> • After each bite of food, take a sip of your drink.
Utensil down	<ul style="list-style-type: none"> • Reduce eating rate • Reduce laryngeal penetration • Energy conservation 	<ul style="list-style-type: none"> • After each bite, set your utensil down to eat slowly
Head turn	<ul style="list-style-type: none"> • Improve UES opening • Reduce pyriform sinus residue 	<ul style="list-style-type: none"> • After each bite or sip, turn your head, then swallow.
Effortful swallow	<ul style="list-style-type: none"> • Improve epiglottic movement • Reduce vallecular residue 	<ul style="list-style-type: none"> • After each bite or sip, swallow HARD. • Pretend like you're swallowing a whole grape.
Posture	<ul style="list-style-type: none"> • Support wakefulness and comfort • Reduce risk for laryngeal penetration • Energy conservation 	<ul style="list-style-type: none"> • Sit bolt upright whenever you eat or drink, if possible • Remain sitting upright for at least 30 minutes after eating
Lingual sweep	<ul style="list-style-type: none"> • Reduce oral residue • Reduce laryngeal penetration 	<ul style="list-style-type: none"> • Use your tongue to clear out any leftovers in your mouth.
Straws	<ul style="list-style-type: none"> • Reduce laryngeal penetration 	<ul style="list-style-type: none"> • Avoid straws and drink straight from the cup • Use straws to avoid tilting your head back when you drink.
Medications	<ul style="list-style-type: none"> • Reduce aspiration • Reduce choking 	<ul style="list-style-type: none"> • Cut your pills in half • Crush your pills and place them in a carrier, if possible