

# Feeding and Swallowing Problems (Dysphagia)



Name:

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Who to contact and how:

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Notes:

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## Here are some of the things that may have been recommended to help you:

### 1. Trials of oral feeding

The Speech and Language Therapist (SLT) may recommend that you trial small, controlled amounts of food or fluid only. This may be necessary in order to establish whether you are safe to go back to normal quantities of food and fluid through your mouth. Staff will monitor you closely during your trials to see how well you manage

### 2. Altered textures of food and drink

The SLT may recommend changes to the consistency of your food and / or fluids to help you to swallow more safely. We may recommend that you have soft foods or blended foods to reduce the risks of aspiration and choking. Sometimes, fluids may go down more safely if they are of a thicker consistency. If this is the case, the SLT will advise that a thickening powder is added to your drinks to change the consistency

### 3. Review assessments

The SLT team will visit you on the ward to monitor your progress. If your swallowing improves, the consistency of your food and drink will be adapted to suit this. Should you find swallowing becomes more difficult, the SLT will be able to advise on how swallowing can be made safer for you

### 4. Further investigations

Sometimes the team looking after you will need to have more information about your swallowing in order to give you the best advice

You may be referred for other investigations, including a moving x-ray of your swallowing, called a videofluoroscopy, or a tiny camera down into your throat to see inside it. The investigations will be fully explained to you if it is felt they are necessary

### 5. Recommendation of Nil By Mouth

Sometimes the SLT will see that the risks of you eating and drinking via your mouth are so great that you should not do this at all. The SLT would then recommend that you are placed Nil By Mouth. An alternative way of feeding you - via a tube in your nose or into your stomach - will be discussed, in conjunction with the team looking after your care. This may need to be for a short time to allow you time to get better, or the decision may need to be taken for this to be a long term solution. Whichever is the case for you, the decisions will be discussed fully with you and your family to ensure the plan is right for you. The team will also review your progress and ensure you have enough information to help make a decision

### 6. Assessment by a Dietitian

You will be referred to the Dietitian for assessment and advice if you are not managing to eat or drink enough

# Information for patients

## 7. Feeding and Swallowing Recommendations Plan

A purple 'Feeding and Swallowing Recommendations Plan' will be put on the wall above your bed. This will contain special instructions to tell you, your family and staff what is safe for you to eat and drink. This plan will be replaced if there is any change to your needs. Should you move wards, the plan will move with you. When you go home, you will take it with you

## Contact Details for Further Information

If you need any further information, please contact the Speech and Language Therapy Department:

Grimsby: 03033 303081

Scunthorpe and Goole: 03033 302410

## Reference Section

Evaluation and Treatment of Swallowing Disorders – J.A. Logemann (1997)

## Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) is available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact [nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net)

As a Trust we value equality of access to our information and services, therefore alternative formats are available on request at [nlg-tr.interpreters@nhs.net](mailto:nlg-tr.interpreters@nhs.net)

## Alternative Languages

All of our leaflets are available to view in different languages via Browsealoud on our website at [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

Toate pliantele noastre sunt disponibile pentru a fi vizualizate în diferite limbi prin intermediul Browaloud pe site-ul nostru, la [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

Wszystkie nasze ulotki są dostępne do przeglądania w różnych językach za pośrednictwem Browsealoud na naszej stronie internetowej [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

Visus mūsų lankstinukus galite peržiūrėti įvairiomis kalbomis, naudodamiesi „Browsealoud“ mūsų svetainėje, adresu [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

Vse naše zloženke so na voljo za ogled v različnih jezikih prek Browaloud na našem spletnem mestu [www.nlg.nhs.uk/patients/patient-leaflets/](http://www.nlg.nhs.uk/patients/patient-leaflets/)

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