

# Swallowing Difficulties Observational Checklist

This checklist can be used to help you identify adults with swallowing difficulties or someone whose pre-existing swallowing difficulty may have changed.



	OBSERVATIONS
→	Coughing during or after meals or drinks
→	Choking during or after meals or drinks
→	Recurrent or regular chest infections – not accompanied by symptoms of the cold
→	Change in voice quality during or after eating and drinking – e.g. “gurgly” or wet voice when speaking
→	Change in breathing when eating and drinking e.g. wheezy, shortness of breath or gasping for air
→	Change of colour in the face when eating or drinking
→	Pieces of food found inside of the person’s mouth after eating
→	High risk behaviours when eating and drinking – e.g. cramming food in the mouth, not chewing food, holding food in the mouth, eating or drinking very quickly



**If you notice any of these signs, please speak to a healthcare professional e.g.**

- Nursing staff
- Speech & Language Therapist
- Medical staff
- Dietitian